

## Persistent Mild Asthma

Asthma is a chronic airway disease involving bronchial inflammation and hyperresponsiveness that leads to airway obstruction and the symptoms of difficulty breathing, cough and wheezing. Common triggers include cigarette smoke, dust, exercise, and exposure to cold air. Patients with mild persistent asthma have symptoms most days of the week, nocturnal awakenings three to four times a month, and need to use their rescue inhaler more than twice a week. Pulmonary function tests are within normal ranges. It is treated with inhaled glucocorticoids or long acting beta-agonists in addition to a short-acting beta-agonist.



PLAY PICMONIC

### Diagnosis

#### Symptoms (Brochoconstriction) and Rescue Inhaler Use > 2 Days / Week

[Broccoli-constrictor and Inhaler with > \(2\) Tutu girl and Weekly-newspaper](#)

Symptoms of cough, dyspnea (difficulty breathing), and wheezing occur greater than twice a week in mild persistent asthma, but do not occur every day. Symptoms may interfere minimally with daily activities. These symptoms require use of a rescue inhaler (short-acting bronchodilator) more than two times per week, but less than daily.

#### Nighttime Awakening 3-4 / Month

[Knight Awakening with \(3\) Tree and \(4\) Fork at Month-moon](#)

Symptoms wake patients from sleep three to four times per month.

#### Greater or equal to 80 % of Predicted FEV1

[≥ \(80\) Eating lungs with Spirometer](#)

Pulmonary function tests (peak expiratory flow (PEF), forced expiratory volume in one second (FEV1), and FEV1:FVC (forced vital capacity) ratio) are within normal limits of greater than 80% of predicted normal.