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HOME / MUMBAI / AIR AND VEHICULAR POLLUTION IS TRIGGERING ASTHMA, SAY DOCTORS



Air and vehicular pollution is triggering asthma, say doctors

— By Staff Reporter | May 05, 2015 12:33 am

Mumbai : Air and vehicular pollution is one of the major causes which is triggering asthma in the city, claims medical fraternity. Further, health experts stated that asthma cases are on a substantial rise in the city with 25-30 per cent hike in the asthma cases as compared to last year. Also, they added that today even healthy people are falling prey to asthma owing to environmental changes and air pollution in the city.

On the eve of World Asthma Day, which falls on May 6 (Tuesday), health experts advise people for endurance of asthma therapy in order to control the illness. City doctors claim that there have been changes in the trend of asthma cases, unlike before now people with zero history of allergies are turning up with asthma. Today, all age groups including children, young, healthy and elderly are falling prey to asthma; this is owing to seasonal fluctuations and rising air pollution in the city.

Besides air pollution, other factors causing asthma are indoor allergens including house dust mites in bedding, stuffed furniture and pillows and outdoor allergens including tobacco smoke and chemical irritants in work. Dr Prashant Chhajer, pulmonologist at Fortis Hospital, said, "We have witnessed a rise in the asthma cases in the last few years and the quality of air is bad in our country which is activating asthma in people. Unhealthy air affects people's lungs and ultimately leads to breathing problems."

Reiterating Dr Chhajer's view, Dr Kedar Toraskar, consultant chest physician at Wockhardt Hospital in Mumbai Central, said, "Vehicular pollution emitting from two and four-wheelers and trucks are the worst as it has an adverse impact on people's lungs. Owing to this, asthma is turning out to be deadly for people as they are exposed to vehicular pollution and dusts."

City doctors emphasise on taking necessary precautions such as avoidance of allergens, keeping check on therapy and endurance for asthma therapy. Also, people should avoid unnecessary travel during peak traffic hours and care should be taken to drive with car window up.

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