Lent is a season set aside in the Christian liturgical calendar for prayer, penance, and spiritual renewal in preparation for Holy Week and Easter. It is a time for reflection on the passion, death, and resurrection of Jesus Christ. Lent is observed by many Christians through various practices such as fasting, prayer, and almsgiving. The character of the stations of the cross includes a mix of historical and traditional elements, providing a significant moment of spiritual reflection and renewal for the Christian faithful.
New asthma test helps doctors prescribe treatments

By Gracie Bonds Staples
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..., 2013 • 60

...and in determining whether treatment is adequate or not. Physicians can better determine if steroids are the appropriate course of treatment and if dosage might need to be increased or decreased.

Q: If my child isn’t taking his medication as directed, will my doctor want to adjust medication or treatment recommendations?

A: Sometimes, but not necessarily. It is very difficult to measure a patient’s adherence to medication because asthma is a variable disease, meaning symptoms can wax and wane depending on a patient’s circumstances. Studies show that measuring patients’ FeNO levels can be helpful in determining if patients have been taking their medication as directed by their physicians.

Q: How can I talk to my children about my child’s asthma?

A: The most important pieces of information that parents or caregivers can share with their child are the types of symptoms that the child has been experiencing frequently, how frequently the child needs to use their bronchodilator inhalers and what sorts of physical limitations the asthma symptoms have been causing. If a parent’s asthma is under control, a physician can consider reducing the dose. If the asthma is not under control, the physician may want to adjust medication or treatment recommendations.

Q: How do I know whether or not inhaled steroids are necessary?

A: The patient and physician need to determine whether inhaled steroids are necessary by weighing the benefits and side effects of the steroids and minimizing them. We asked him to recall the three most common questions parents have:

Q: How do I know whether or not my child’s asthma is under control?...