



# Bronchial Asthma: Principles of Diagnosis and Treatment

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Although the mechanisms and triggers that stimulate and are responsible for the natural history of asthma are steadily being more clearly defined, uncertainties still surround both the genetic basis and the etiology of one of the most common syndromes in the world. In fact, it is of considerable concern and interest that the incidence of asthma today appears to be rising. These statistical increments may only reflect an increasing awareness of the disease, or its earlier and more sophisticated diagnosis. More important, however, asthma mortality appears to be increasing. This increase has occurred despite the continuing expansion of a diagnostic and management information base, and the development of novel and ever more effective therapeutic modalities. Several explanations have been offered for this increase in mortality, including that it may result from a statistical artifact [based on a change in the coding criteria for asthma from the International Classification of Diseases Version 8 (ICD-8) to ICD-9], worsened pollution, delays in seeking medical help, behavioral changes, deficits in the asthma education of both patients and primary care providers, toxicity of beta-agonists, and noncompliance with instructions for the proper use of medications. It should also be emphasized that the increases in both incidence and mortality may be a reflection of accumulating body burdens of environmental toxicants and of increased oxidative damage. There has clearly been a degradation of environmental quality. And although considerable attention has been focused on this possibility in both the scientific and lay press, more research in this area is definitely needed.

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