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2019年5月7日

全程管理，控制哮喘

据估计，我国哮喘患者约3 000万，其中未达到完全控制的患者达2 000万。近十年来，北京、上海等大城市哮喘患者翻了一番，这主要与大气污染、职业和生活习惯的改变等因素有关。多数哮喘患者缺乏哮喘相关知识，能够按规范吸入激素治疗的患者仅占20%，导致哮喘症状的反复发作，约1/4患者因而住院甚至威胁生命。

世界哮喘日（World Asthma Day）是由世界卫生组织推出的一个纪念活动，其目的是让人们加强对哮喘病现状的了解，增强患者及公众对该疾病的防治和管理。1998年12月11日，在西班牙巴塞罗那举行的第二届世界哮喘会议的开幕日上，全球哮喘病防治倡议（GINA）委员会与欧洲呼吸学会代表世界卫生组织提出了开展世界哮喘日活动，并将当天作为第一个世界哮喘日。从2000年起，每年都有相关的活动举行，但此后世界哮喘日定为每年5月的第一个周二。

第21个世界哮喘日