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## NEW INNOVATIVE METHODS IN THE COURSE AND TREATMENT OF BRONCHIAL ASTHMA IN SCHOOL-AGED CHILDREN

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### Abstract:

Bronchial asthma is one of the most common chronic respiratory diseases among children. This disease is characterized by inflammation and narrowing of the airways, which makes it difficult for children to breathe. Bronchial asthma in school-aged children can have a negative impact on their general health, learning and social functioning. Therefore, it is important to find effective ways to manage and treat asthma.

**Keywords:** bronchial asthma, allergens, infections, modern technologies, innovative approach, asthma complications.

The course of bronchial asthma depends on many factors. Factors such as genetic predisposition, environmental factors, allergens, infections and stress affect the development of asthma in children. Children of school age are often exposed to allergens such as dust, pollen, animal dander and other allergens. Also, among children, high levels of stress and emotional burdens can also trigger asthma attacks. It is important to use modern approaches and innovative methods to manage the course of asthma. First, it is necessary to ensure an individual approach to the treatment of asthma. Asthma symptoms and severity vary from child to child, so a treatment plan should be tailored to each child. This approach allows taking into account the individual needs of children and increases the effectiveness of treatment. In modern medicine, inhalers and nebulizers are widely used in the treatment of bronchial asthma. These methods allow direct delivery of drugs to the respiratory tract, which increases the effectiveness of drugs and reduces side effects. Inhalers are convenient and effective, especially for children. They allow children to self-medicate and help prevent asthma attacks. New biological drugs also play an important role in the treatment of asthma. These drugs target the immune system and reduce asthma symptoms. Biologics are generally recommended for severe asthma cases and can significantly improve quality of life in children. Among the innovative methods is the use of digital technologies for asthma management. Mobile apps and



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online platforms allow children and their parents to track asthma symptoms, remind them to take their medications, and communicate with doctors. These technologies help children manage their health and are important in preventing asthma attacks. In addition, preventive measures are also important in preventing asthma in children. Children should be counseled on avoiding allergens, getting fresh air, increasing physical activity, and managing stress. Parents and teachers should educate children about asthma and warn them about asthma attacks. This increases children's responsibility for their own health and helps them fight asthma.

Partnerships between the public and health systems are important in addressing the challenges of asthma. Schools, health care facilities, and parents must work together to address children's asthma problems. This will help children lead a healthy and active life.

New innovative methods in the treatment of bronchial asthma offer many possibilities and approaches. These methods not only help reduce asthma symptoms, but also help manage the disease. Biologic therapy includes newer medications for severe asthma. These drugs target specific parts of the immune system, which reduces inflammation and improves asthma symptoms. For example, monoclonal antibodies (eg, omalizumab, mepolizumab) may be effective in reducing asthma symptoms. Modern inhalers and nebulizers allow direct delivery of drugs to the respiratory tract. They are convenient and effective for children. Newer inhalers, such as smart inhalers, offer the ability to monitor medication intake and provide reminders. Mobile apps and online platforms allow children and their parents to track asthma symptoms, remind them to take their medications, and communicate with doctors. These technologies help children manage their health and are important in preventing asthma attacks. Immunotherapy for allergic asthma helps to modify the immune system's response to allergens. This method reduces sensitivity to allergens and improves asthma symptoms. Immunotherapy is usually used to reduce allergic reactions.

Rehabilitation programs that include increased physical activity and breathing exercises are important for children with asthma. These programs improve children's breathing ability and reduce asthma symptoms. Stress can trigger asthma attacks, so stress management techniques such as meditation, yoga, and breathing exercises can help children. These methods improve the emotional state of children and reduce problems related to asthma. A healthy diet and lifestyle changes can help reduce asthma symptoms. Avoiding food allergens, walking in fresh air and increasing



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physical activity will improve the overall health of children. Research into new drugs and methods in the treatment of asthma continues. There are opportunities to test new innovative methods and put them into practice through clinical trials. These innovative methods play an important role in the effective management and treatment of bronchial asthma. Because each child's asthma symptoms and their severity are different, the treatment plan requires an individualized approach. Therefore, it is important to consult with doctors and choose the right treatment methods.

## Conclusion:

In conclusion, it is important to use new innovative methods in the course and treatment of bronchial asthma in school-aged children. An individual approach, modern medicines, digital technologies and preventive measures help children fight asthma. And the cooperation of the public and health systems in solving problems related to asthma plays an important role in improving the quality of life of children.

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