



**PRAHRAN
OSTEOPATHIC
CLINIC**

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Established 1995

**Prahran Osteopathic
Clinic**

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Clinic Services

**Osteopathy
Naturopathy
Acupuncture**



**Dr Mike Rowan
Osteopath, Naturopath &
Acupuncturist**

Appointments available:

Monday

9:00am-12:00pm

Tuesday

9:00am-12:00 2:00pm-7:00pm

Wednesday

9:00am-1:00pm

Thursday

9:00am-12:00 2:00pm-7:00pm

Friday

9:00am-2:00pm

Saturday

9:00am-12:00 2:00pm-5:00pm

Asthma- A Holistic Approach

Asthma is a common and sometimes debilitating respiratory disorder which can affect people of all ages. About one in ten Australians suffers from asthma at some time during their lives. Sufferers may occasionally experience difficulty in breathing, accompanied by a wheeze and a tight, restricted chest. Other symptoms may include coughing, vomiting and shaking.

People with asthma have sensitive airways in their lungs. When they are exposed to certain triggers, their airways narrow, making it hard for them to breath. There are two main factors which cause the airways to become narrow:

- The inside lining of the airways becomes inflamed and extra mucous may be produced.
- The muscle around the airways tighten (this is called broncho-constriction).

There are two different types of asthma: allergic and non-allergic. In allergic asthma, symptoms are usually the result of inhaling or consuming some kind of external substance, such as pollen, dust mites, mould, wheat or dairy produce. Non-allergic asthmatic attacks can be triggered by a range of different factors, including fatigue, physical exertion, some medications, stress, or exposure to environments which are cold and damp.

Asthma is basically a breathing problem resulting from increased sensitivity of the airways which is provoked by a range of stimuli or 'triggers'. The bronchial spasm, or narrowing of the airways, is recurrent and reversible.

How Osteopathy help someone with asthma

Osteopathy offers assistance to sufferers by working on all aspects of the breathing mechanism, including the ribs, spine, diaphragm and other muscles of breathing; nerve control of the chest, as well as blood and fluid supply to the bronchii and lungs.

Osteopaths recognize that the functions of the human body are inherently linked and can affect each other. With this in mind, the Osteopath gently works with the body's structure, to enhance and improve the mechanics of breathing, by:

- Freeing restrictions of the chest and ribs
- Relaxing the respiratory muscles
- Improving lymphatic draining from the lungs and airways
- Enhancing the blood supply to the chest region

Other areas of management include the formulation of an individual exercise program, with emphasis on breathing exercises and the avoidance of aggravating factors. Your Osteopath also provides advice on diet, posture, lifestyle and first aid measures during an attack.

Osteopathy plays an important preventative role in the care of someone who is suffering from asthma.

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