

Title: Allergy & Asthma: It is Not Causing Inconvenience; it is Causing Permanent Damage
Presenter: Lucy Bui, Cerro Coso College
Mentor: Guck Ooi

After a 25-year developmental period, there is a short 10-year window before our lungs begin deteriorating due to aging. Even in ideal conditions, we still lose approximately one fifth (equivalent to 1 liter) of our lung function and capacity by the time we are 65. If we are one of the unlucky people in the world who suffers from asthma, allergic diseases or both, things look bleaker. Currently, approximately 35% of the world's population suffers from allergic disease and that number is increasing. In addition, more than 300 million people across the globe suffers from asthma, one of the most serious pulmonary system diseases. We are led to believe that allergic asthma is just a minor and temporary annoyance or inconvenience but what we do not know is that constant exposure to everyday particles and aeroallergens such as pet dander, pollen, mold, and dust mites, is wreaking havoc inside our lungs and likely causing irreparable damage, which adds on to that 1-liter lung loss that we are already facing. Inhaling these particles together with other things such as pollutants or exogenous oxidants causes cellular damage in lung tissue and if the damage is too extreme, cells will sustain senescence to prevent oncogenic changes which then triggers a series of events that results in further inflammation, alveolar destruction, and endothelial dysfunction. Furthermore, chronically inflamed tissues usually trigger immune cells from the bloodstream to amplify the inflammatory response which can destroy healthy tissues in a misdirected attempt at initiating the healing process.

Works Cited

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