



Breathe Consciously

# تنفسي بوعي

Your Asthma Awareness Guide

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# Introduction

With the spread of respiratory irritants around us and the increasing potential risks, asthma emerges as one of the most chronic diseases affecting the residents of the Arabian Gulf.

We present this awareness guide for you to learn about the nature of asthma, its irritants, preventive guidelines, and more, to enjoy sustainable breathing quality.

**The vision of tomorrow begins with conscious breathing today. #Breathe\_Consciously**



**Have you confused the  
symptoms of allergies and  
asthma, and couldn't tell  
the difference?**



# What is the difference between allergies and asthma?



**Allergies:** Occur with dust, pollen, or certain foods, leaving sneezes, rashes, or tears behind.



**Asthma:** is a chronic disease that leads to difficulty breathing due to narrowing of the airways, resulting in recurrent symptoms such as coughing, shortness of breath, and chest tightness.

|                       | Allergies                                                         | Asthma                                        |
|-----------------------|-------------------------------------------------------------------|-----------------------------------------------|
| Trigger               | An internal or external irritant, such as dust, food, or perfumes | Often respiratory irritant or physical effort |
| Affected organ        | Any organ, such as the skin, nose, or eyes                        | Only the lungs                                |
| Nature of the disease | Sneezing and nasal discharge, itching, and skin redness           | Chronic inflammation of the airways           |
| Do they overlap?      | Yes, and asthma patients may suffer from other allergic diseases. | Asthma is a type of allergy.                  |

- They are two sides of the same coin, but with different paths.
- Let's distinguish well and give our bodies the right understanding and prevention.

**Asthma** is one of the most common chronic diseases in the Arabian Gulf region, and reports indicate that the prevalence of asthma is on a continuous rise

**Remember,**  
controlling asthma begins with  
your awareness, responsibility is  
yours, and change is in your hands.



# Throughout the Ages Asthma's journey in a few lines...



**Over 3,000 years ago**, Egyptian doctors described and treated asthma with herbs and incense. Then came the Greek doctors, like Hippocrates, who helped lay the foundation for understanding asthma. With the advancement of knowledge, Arab doctors such as Al-Razi and Ibn Sina developed treatments using vaporization and herb therapy. Today, inhalers and modern medications have caused a significant shift in improving patients' quality of life.

**However, experts point out that modern factors have made the challenge greater due to the following reasons:**



## Modern lifestyle

**Urbanization and lack of movement:** City living, reduced physical activity, and dependency on devices reduce exposure to fresh air and increase the risk of getting asthma.

**Passive smoking:** Contributing to being in closed environments and exposure to pollutants, especially smoke, which is a major cause of difficulty controlling asthma.



## Dietary changes

**Reliance on processed foods:** Some foods contain coloring or preservatives that may trigger allergies, negatively affecting respiratory health.

**Lack of natural food consumption:** Natural foods like vegetables, honey, and dates support the body's immunity and reduce inflammation.



## Environmental challenges

**Air pollution and sandstorms:** Increase airway irritation, especially in Gulf regions.

# What is asthma?



**Asthma is a chronic disease that causes difficulty in breathing due to airway narrowing, leading to recurrent symptoms like coughing, shortness of breath, and chest wheezing.**

## Allergy and asthma



### **Intrinsic asthma:**

Occurs due to stress or exercise, or infections, and is not related to allergy, often appearing at a later age and affecting women more.

### **Extrinsic asthma:**

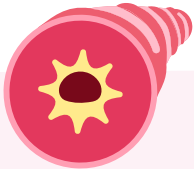
Occurs due to allergies to substances like dust and pollen, and it is more common.



# How attacks do occur?



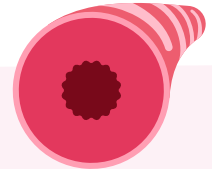
**During an asthma attack, the following happens:**



Increased mucus  
secretion,  
obstructing airflow



Swelling of the  
airway lining



Contraction of the  
airway muscles,  
causing narrowing

**The effect of this  
on breathing:**

These changes make breathing more difficult,  
leading to severe crises affecting your daily life.

**Be conscious and breathe consciously**

# Has **asthma** swept the world?



The Global Asthma Network **2022** reports indicate that the current global prevalence of asthma symptoms is about **%9** among children, **%11** among teens, and **%6.6** among adults.

# Asthma is highly sensitive

## 4 factors that irritate asthma

Asthma is influenced by multiple factors in our daily lives; some may worsen symptoms or trigger them in those with a genetic predisposition, and could make some more susceptible in the future

**Identifying and avoiding these triggers  
is a crucial step in improving your  
breathing quality**



# 1. Internal allergy triggers

Prevalent in closed spaces, often invisible but cause airway irritation, including:



## Dust mites:

One of the most common allergens, found in bedding, pillows, and carpets.



## Pets:

Such as cats and dogs, secrete irritants that may cause allergic reactions in some individuals.



## Mould and fungi:

Grow in damp places like kitchens and bathrooms and release particles that irritate the respiratory system.



## Cockroaches:

Their presence is linked to increased asthma symptoms, especially in unclean environments.



## Smoking:

One of the most dangerous indoor air pollutants, increasing difficulty in controlling symptoms.

## 2. External allergy triggers

Includes environmental factors that are hard to completely avoid but significantly contribute to triggering symptoms:



### Pollen:

Spreads in spring and fall, one of the most prominent seasonal irritants.



### Outdoor mould:

Found in gardens and moist green areas, and can lead to respiratory system irritation.



### Sandstorms:

Gulf studies indicate that inhaling dust resulting from them may exacerbate symptoms in asthma patients, though hospitalization isn't always required.



### Urbanization:

Life in cities, car exhaust, and factory fumes reduce exposure to fresh air and increase the risk of asthma.

### 3. Occupational factors

The work environment may contain unfamiliar irritants affecting the respiratory system, causing what's known as "occupational asthma". Among the most significant factors:



#### Industrial dust:

Like wood dust, cement, or synthetic fibers.



#### Chemicals:

Such as solvents, strong cleaners, or pesticides.



#### Welding and metal fumes:

Produce fine particles easily inhaled, affecting the airways.



#### Toxic gases:

Like carbon monoxide and sulfur dioxide.



#### Agricultural mould:

Common among farm or storage workers.

## 4. Impact of **food and drugs**

Some foods and ingredients may stimulate the immune system, increasing mucus secretion or causing airway irritation in some people, including:



### **Sulfites:**

Found in canned juices and pickles.



### **Histamine:**

Found in aged cheese, processed meats, and smoked fish.



### **Dairy products:**

May cause excessive mucus secretion in some patients.



### **Nuts, eggs, wheat:**

For those with allergies to them.



### **Fried and fatty foods, and chocolate:**

May increase airway irritation or phlegm secretion.

Prevention in these cases requires early recognition of irritants and avoidance, following safety procedures like using a preventive therapeutic inhaler.

**It's not enough for others to tell  
you you're affected**

**diagnosing asthma involves  
medical standards and methods.**



# How is **asthma** diagnosed?



Asthma diagnosis depends on:

## 1 Medical history

**Core symptoms:** Wheezing, coughing, shortness of breath, chest tightness, often increase at night, early morning, with exercise, or when exposed to irritants like dust and smoke.

**Supporting factors:** Presence of allergies, family history of asthma, symptom improvement with treatment.

**Triggers that increase symptoms:** cold, specific medications like aspirin, smoking, specific scents, or animals.

## 2 Clinical examination

Nothing prominent may appear when stable, but wheezing or signs of allergies (such as a runny nose or eczema) may support the diagnosis.

## 3 Tests

**Spirometry:** Confirms the presence of airway obstruction, which improves after using a bronchodilator inhaler.

**Peak expiratory flow (PEF):** Shows daily breathing fluctuations.

**Therapeutic test:** Sometimes, a trial of a preventive therapeutic inhaler is administered for at least two weeks to confirm improvement.

**Chest X-rays are unnecessary unless there's a suspicion of other diseases.**

# Every **risk** has red flags that indicate the beginning!



## How do asthma crises happen, and what's the journey from beginning to end?

Severe asthma crises represent an advanced stage of uncontrolled asthma requiring immediate treatment to avoid complications. These crises are usually associated with bronchial constriction due to increased mucus secretion and irritation of the walls, causing shortness of breath, coughing, and chest wheezing.

## Causes of severe asthma crises

**Immune reactions:** Immune cell reactions lead to bronchial constriction.

**Symptoms:** Crises increase with deteriorating breathing, increased heart and breathing rate.

## Assessment and treatment

**Rapid assessment:** Determines the severity of an attack through breath rate, heart rate, and oxygen saturation.

**Immediate treatment:** Short-term bronchodilators, in addition to steroids and oxygen.

**Review response after initial treatment.**

## Risk factors for increased danger

- Frequent hospital admissions history.
- Intensive care unit admissions history.
- Poor adherence to the treatment plan.
- Excessive use of a short-term bronchodilator inhaler.



# Recommendations

- Assess the severity of the attack (symptoms, pulse, breath rate, oxygen amount used).
- Use bronchodilators and oxygen immediately.
- Evaluate response after initial treatment.
- Conduct close monitoring of the patient after the treatment.

## Levels of acute asthma severity:

### Moderate attacks:

Increased symptoms, airflow between **50-75**

### Severe Asthma:

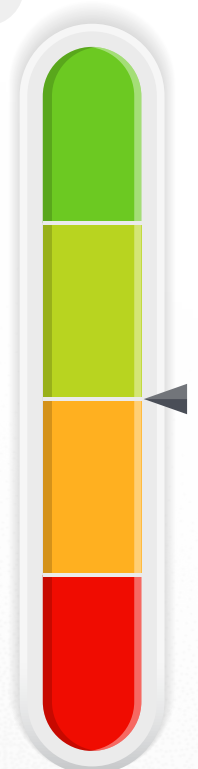
airflow **30-50**, breath rate **25-30** per minute

### Life-threatening asthma:

Decreased oxygen saturation below **92**

### Asthma leading to death:

Need for mechanical ventilation



# Control asthma before it controls you!

## How do we control asthma?

**With awareness, you control asthma.**

Asthma is not managed only with drugs but with a comprehensive lifestyle.

**In the Gulf, adherence to treatment and avoiding irritants are powerful steps to control symptoms.**

Using medications regularly, especially corticosteroid inhalers, can reduce asthma attacks by up to **60-70%**, while avoiding smoking, strong perfumes, and pollen reduces exacerbation by **50%**.



# Safe Exercise

## Your conscious choice



When practiced appropriately, it strengthens the lungs, reduces inflammation, and improves physical ability.

**Studies have shown that a regular exercise program contributes to reducing asthma attacks by 50%.**

## Benefits



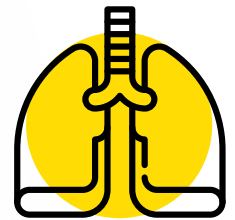
**Relieving daily shortness of breath**



**Strengthening immunity**

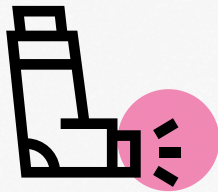


**Reducing airway inflammation**



**improving lung capacity and endurance**

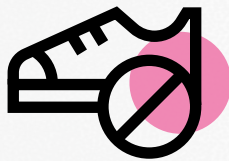
# For **safe exercise**



**Use a bronchodilator inhaler before exercise if recommended by the doctor.**



**Allocate time for warm-up (10-15 minutes).**



**Stop immediately if experiencing shortness of breath or chest wheezing.**



**Avoid cold or polluted air.**



## **Proper Nutrition = Healthy Breathing**

Healthy nutrition plays a fundamental role in supporting the respiratory system and controlling asthma symptoms.

**Make sure to choose what nourishes you, not what burdens you.**



# How does food help you?

- Reduces asthma-related inflammation.
- Enhances lung functions.
- Relieves asthma attacks by avoiding dietary triggers.
- Supports immunity and improves breathing.

## Beware of



### Acid reflux

Stomach acids reaching the lungs worsen symptoms and impact breathing, which aggravates the vagus nerve.



Certain spices that increase stomach acidity.

**Your decision is in your hands; breathe consciously**



## Have you been **diagnosed** with asthma?

Don't worry, every disease has a cure!

Asthma treatment depends on three main stages:



**Initiating  
treatment**



**Adjusting and  
fine-tuning  
treatment**



**Maintaining  
treatment**

| Type of medication                                                              | When to use it    | How to use it     | Pharmaceutical form                     | Notes and instructions                                                                                                  |
|---------------------------------------------------------------------------------|-------------------|-------------------|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Short-term bronchodilator                                                       | Asthma attacks    | Only when needed  | Rescue inhaler or mist                  | Not used regularly.                                                                                                     |
| Combination inhaler of corticosteroid and long-term bronchodilator (formoterol) | For mild asthma   | For mild asthma   | Multi-dose inhaler                      | Inhale deeply while holding the inhaler.<br>Rinse your mouth to avoid fungi. Used for adults and children over 6 years. |
| Daily corticosteroid inhaler                                                    | For daily control | For daily control | Use with a spacer<br>Multi-dose inhaler | Invoked with and preferable to use with a spacer for children.                                                          |

| Type of medication                                                                                    | When to use it                           | How to use it            | Pharmaceutical form              | Notes and instructions                            |
|-------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------|----------------------------------|---------------------------------------------------|
| Corticosteroid inhaler                                                                                | For daily control                        | Twice daily              | Inhaler - dry powder             | Rinse your mouth to avoid fungi.                  |
| Corticosteroid solution                                                                               | For daily control                        | Twice daily              | Mist                             | Rinse the child's mouth after use to avoid fungi. |
| Combination inhaler of corticosteroid and long-term bronchodilator                                    | For moderate or severe asthma            | Once or twice daily      | Multi-dose inhaler or dry powder | Rinse your mouth to avoid fungi.                  |
| Combination inhaler of corticosteroid and long-term bronchodilator (formoterol)                       | For controlling asthma and during crises | Twice daily or as needed | Inhaler                          | Rinse your mouth to avoid fungi.                  |
| Triple-combination inhaler of corticosteroid, long-term bronchodilator, and long-term anticholinergic | For daily control                        | Once daily               | Inhaler                          | Rinse your mouth to avoid fungi.                  |

Always remember,  
**your awareness protects the lungs.**



# Preventive Vaccines



- It is recommended to get the seasonal **flu vaccination**, especially for those with severe asthma, to reduce the risk of respiratory infections that may worsen the condition.
- The **pneumococcal vaccine** is advised due to the high rate of pulmonary infections among adult asthma patients and should be taken under medical guidance based on your health condition.
- The **Respiratory Syncytial Virus (RSV) vaccine** is recommended for adults 60 years and older, and for those over 50 with chronic diseases.

## The importance of managing asthma

Asthma is a chronic disease that requires continuous monitoring and control.

**Ignoring control may lead to serious health complications, affecting the patient's quality of life in multiple aspects:**

- **Frequent and dangerous crises:** Poor asthma control increases severe asthma crises that may require emergency visits or hospitalization, possibly even intensive care admission.
- **Decline in quality of life:** Shortness of breath, constant fatigue, and inability to carry out daily activities become real issues when asthma is not controlled.

- **Economic and educational impact:** Frequent absences from work or study due to symptoms or hospitalization place a burden on the patient and their family.
- **Overreliance on rescue inhalers:** Frequent use of rescue inhalers can indicate poor control and requires a review of the treatment plan.



## Long-term complications of uncontrolled asthma

- **Frequent infections:** The respiratory system becomes more susceptible to infections, increasing complications.
- **Permanent changes in airways:** Continuous neglect may lead to what's known as "airway remodeling", reducing the effectiveness of treatment over time.
- **Low oxygen levels** can cause constant fatigue, headache, difficulty concentrating, and problems in daily life.

**To maintain asthma control, regular follow-ups with your doctor every 1 to 3 months**

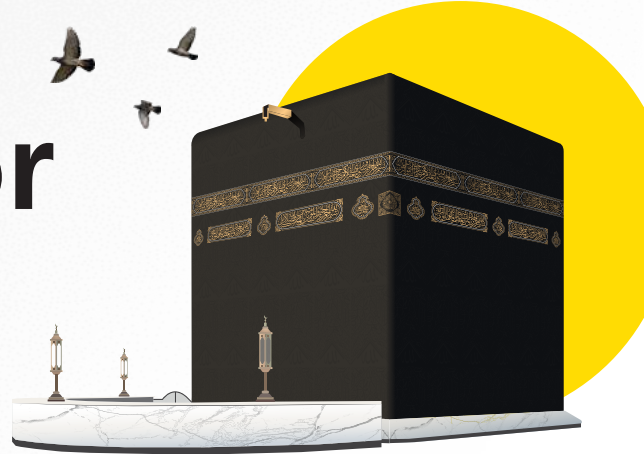
depending on your condition, are necessary. During follow-ups, the written treatment plan is reviewed, and adherence to medications and their usage method, along with your health behaviors and the medications' side effects, are discussed. If good asthma control is maintained for at least 3 months, treatment can be gradually reduced to the minimum level that ensures continuous control and reduces side effects, under a doctor's guidance.

**Asthma** is one of the most **widespread** chronic diseases worldwide, affecting all age groups.

According to the World Health Organization, **262 million** people had asthma in 2019, causing **455,000 deaths**.

**Do not let fear rob you, nor negligence overpower you.**

# Be prepared for all seasons.



## Emergency plan for asthma during seasons

The emergency plan for dealing with asthma attacks during certain seasons aims to control asthma attacks and reduce risks during certain times of the year, such as spring or winter, when environmental factors are more impactful.

### Here are the major steps:

- Regularly monitor symptoms
- **Measure airflow:** Use a peak flow meter daily to monitor lung function.
- **Track symptoms** like coughing, shortness of breath, and tightness.
- If symptoms increase, **take appropriate actions.**

### Prepare medications in advance.

- **Preventive medications:** Use corticosteroid inhalers regularly to reduce irritation.
- **Bronchodilators:** Use salbutamol as needed to expand the airways.
- **Emergency medications:** Always carry the rescue inhaler.

### Reduce exposure to environmental irritants:

- **Avoid irritants** like dust, smoke, and pollen.
- **Use air filters** to reduce indoor pollution.



## Establish a response plan in case of an attack:

- Use the rescue inhaler immediately.
- If symptoms do not improve within 15-20 minutes, contact a doctor or proceed to the emergency room.
- Regularly monitor symptoms and seek medical care immediately when they worsen.
- Teach family members how to use medications and manage attacks.
- Learn warning signs, such as increased coughing or shortness of breath.

## Adapt to seasonal changes:

- During pollen season, wear sunglasses and a mask for protection.
- Exercise indoors during high dust or pollen levels.

## Regularly visit your doctor.

- Review the treatment plan regularly with your doctor.

# Asthma in seasons



## Asthma and fasting during Ramadan

- ✿ Asthma patients can fast while using asthma medications, such as preventive inhalers containing corticosteroids, following their doctor's directions.
- ✿ The rescue inhaler can be used when needed during the day.
- ✿ If the condition worsens, it is advised to use the bronchodilator via a spacer or holding chamber.
- ✿ In case of a severe attack, immediate medical care should be obtained.



## Asthma and Hajj and Umrah

**Before performing Hajj or Umrah, a doctor's consultation is necessary. It is advised to:**

- ✿ Get the flu vaccine and other vaccines well in advance of Hajj.
- ✿ Adhere to preventive inhalers.
- ✿ Improve physical fitness.
- ✿ Prepare required medications.
- ✿ Consult your doctor for additional medications like corticosteroids and antibiotics.
- ✿ Obtain a medical report on medications.



## Asthma and travel

**Before travelling, discuss with your doctor. Adhere to the following:**

- ✿ Plan your travel.
- ✿ Adhere to preventive inhalers.
- ✿ Stock up on sufficient medications.
- ✿ Consult your doctor for additional medications.
- ✿ Avoid smoky places.
- ✿ Obtain a medical report on your condition and medications.

# Preventing Asthma

## How do we protect ourselves and our children from asthma?



### Improving the environment to reduce asthma triggers:

- 🌊 **Air purification in closed places:** It is advised to use air purification devices in homes, schools, and workplaces to improve air quality and reduce irritants causing respiratory crises.
- 🌊 **Increase green areas:** Planted areas with trees and plants can significantly improve air quality. Allergenic trees should be avoided.
- 🌊 **Monitor chemicals and pesticides:** It's important to limit the use of perfumes and chemicals that may cause respiratory irritation.
- 🌊 **Monitor air quality:** Establish dedicated stations for monitoring air quality, issuing warnings when pollution levels rise, and contributing to protecting individuals from harmful environmental irritants.
- 🌊 **Reduce passive smoking:** Compliance with regulations in public places helps improve air quality and reduces the risk of asthma exacerbation due to cigarette smoke.

# Preventing environmental irritants at home:



Several steps are recommended to maintain home cleanliness and reduce irritants like dust and dust mites that may exacerbate asthma:

- Regular house cleaning: It's essential to clean surfaces twice weekly using a vacuum with a HEPA filter to effectively remove dust and mites for those proven to have asthma triggers.
- Shake curtains: Curtains should be shaken weekly or washed, and if possible, use a specialty vacuum for curtains.
- Mattress cleaning: Clean mattresses regularly every two weeks using a vacuum, focusing on areas containing dust and mites. Anti-allergy covers for mattresses and pillows are preferable.
- Air filter usage: Installing HEPA air filters in bedrooms and frequently used areas can aid in reducing dust and allergens for those proven to have asthma triggers.



# You are not alone.

## Take a deep breath and be reassured.

### Community Responsibility in Asthma Treatment:

Our Shared Responsibility

**Reducing irritants:** Avoid smoking and heavy perfumes, and ensure a healthy environment without factors that might trigger symptoms.

**Psychological and social support:** Encourage suitable exercise like swimming, share experiences within support groups, which reduces feelings of isolation and enhances the ability to manage the disease.

**Role of family and friends:** It's important for the family to know how to monitor the patient's health status and provide emotional support and aid during crises. Friends can assist by encouraging a healthy lifestyle and taking swift action in emergencies.

### Our challenges in dealing with asthma

The challenges facing asthma treatment in the Gulf countries

- **Environmental and climatic factors**  
Sandstorms, high humidity in coastal areas, and environmental pollution are among the most significant causes that increase asthma irritation.
- **Lack of disease awareness**  
Lack of health education on how to manage asthma, resulting in incorrect medication use and refusal of preventive drugs.
- **Social and psychological factors**  
Society's perception of asthma may lead to social isolation for the patient; the disease also affects them psychologically, causing anxiety and depression.
- **Lifestyle and habits**  
Smoking, lack of exercise, and dependence on air conditioning exacerbate asthma.

# Misconceptions

## Correct them with your awareness.

Awareness messages for the community about asthma

### **Asthma is not a contagious disease:**

Asthma is a non-contagious chronic disease resulting from airway inflammation due to inflammatory cells. There's no need to fear its transmission between people, as spreading awareness through schools and media can help correct these misconceptions.

### **Inhalers are not addictive:**

Asthma inhalers are essential for symptom management and improving quality of life. Patients should be educated that these medications do not cause addiction but contribute to reducing attacks and continuously improving the patient's condition.

### **Exercise for asthma patients:**

Exercise is beneficial for asthma patients if the disease is well-managed. Activities like swimming and walking can enhance lung function. It is crucial for patients to use preventive inhalers before exercising.

### **Asthma is not limited to children**

Asthma can affect anyone at any life stage. Awareness that asthma is a chronic disease requiring continuous medical follow-up is important, as it is not exclusive to children.



## Herbal medicine is not a substitute for drugs:

Before using any alternative treatment, consult your specialized doctor. Choose treatments based on awareness, not on unproven experiments like those widespread on social media. Knowing that their use without medical consultation could lead to adverse outcomes is essential.

## Beware of the following



### Triggering symptoms

Certain ingredients, like herbs or essential oils, may stimulate the respiratory system and worsen symptoms.



### Delayed treatment

Relying solely on alternative medicine or delaying effective medical treatment may worsen the condition and lead to severe attacks.



### Drug interactions

Some herbal supplements may interact with prescribed medications, reducing their effectiveness or causing side effects.

**Patients should consult doctors and not stop medications based on non-medical advice.**



## **Asthma is an organic disease affecting psychological status:**

Asthma is an organic disease associated with airway inflammation and increased respiratory sensitivity, but it can be influenced by psychological status. Stress can heighten asthma symptoms, but it is not the primary cause of the disease.

## **Asthma patients can live a normal life:**

With the correct treatment and adherence to the doctor's instructions, asthma patients can live completely normal lives. Encouraging patients to adhere to treatment and make healthy lifestyle changes is important.

## **No need to worry about corticosteroid inhalers:**

Corticosteroid inhalers are safe and effective when used correctly. They help prevent asthma attacks and improve quality of life. They are not addictive and do not significantly affect children's growth if used in proper doses.

## **Asthma is a chronic disease that does not disappear over time.**

Asthma symptoms may improve over time, but internal airway inflammation may persist. Abruptly stopping treatment increases the risk of life-threatening severe attacks.



# Asthma Patient within the Community

## Psychological impact:

**Anxiety and stress:** Patients may experience anxiety due to unexpected crises that hinder everyday activities.

**Depression and isolation:** Repeated attacks and difficulty in leading a normal life can result in feelings of isolation and depression.

**Fear of complications:** Anxiety about severe attacks can affect self-confidence and reduce life enjoyment.

**Medication effects:** Some asthma medications may cause mood changes like irritability or anxiety.

**Sleep impact:** Sleep disturbances due to shortness of breath lead to exhaustion and affect mental health.

## Social impact

**Impact on work and study:** Frequent absences from work or school may affect performance and social integration.

**Restrictions on activities:** Avoiding sports or travel limits social participation.

**Financial costs:** Ongoing treatment poses a financial burden on the patient and their family.

**Impact on family life:** The family's constant worry about the patient's health may lead to tension within the family.

**Social acceptance:** Some patients feel embarrassed by coughing attacks or inhaler use.

**These psychological and social effects highlight the importance of good disease control and providing psychological and social support to the patient.**



# Your Health Awareness Today is Prevention For the Future of Generations

Share the guide with those around you to create  
a Gulf community that breathes with awareness.

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