

- Allergens
 - Outdoor: Trees, shrubs, weeds, grasses, molds, pollens, air pollution, spores
 - Indoor: Dust or dust mites, mold, cockroach antigen
 - Irritants: Tobacco smoke, wood smoke, odors, sprays
 - Exposure to occupational chemicals
 - Exercise
 - Cold air
 - Changes in weather or temperature
 - Environmental change: Moving to new home, starting new school, and so on
 - Colds and infections
 - Animals: Cats, dogs, rodents, horses
 - Medications: Aspirin, NSAIDs, antibiotics, beta-blockers
 - Strong emotions: Fear, anger, laughing, crying
 - Conditions: Gastroesophageal reflux, tracheoesophageal fistula
 - Food additives: Sulfite preservatives
 - Foods: Nuts, milk or other dairy products
 - Endocrine factors: Menses, pregnancy, thyroid disease
- NSAID, Nonsteroidal antiinflammatory drug.*

Pathophysiology

There is general agreement that inflammation contributes to