

ASTHMA TRIGGERS

There are numerous causes that "trigger" your asthma attack. However, these can be divided into three major groups: allergens, irritants, and physical conditions.

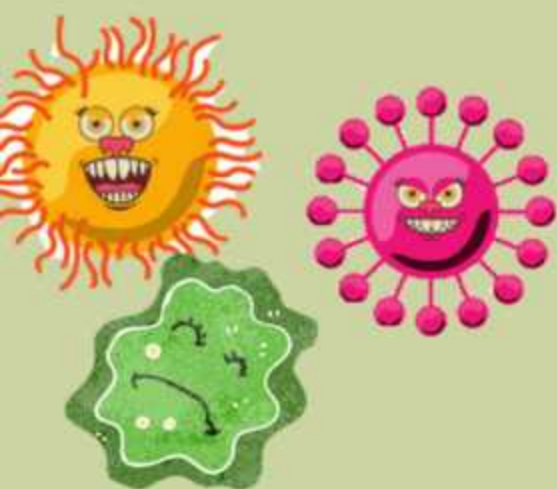
DUST MITES

Dust mites are microscopic bugs that are in many homes. If you have asthma and are allergic to dust mites, they can trigger an asthma attack. Here are some things you can do to prevent asthma attack:

- Use allergen-proof mattress and pillowcase covers to make a barrier between dust mites and yourself.
- Don't use down-filled pillows, quilts, or comforters.
- Wash your bedding weekly and dry it completely.
- Vacuum carpets, area rugs, and floors regularly.



MOLDS



Whether or not you are allergic to mold, breathing it in can still trigger asthma attack. Indoor mold growth is often found in damp areas such as kitchens, bathrooms, and basements, or in areas where water damage has occurred. There are many types of mold which can be found in any climate. Getting rid of mold in your home can help control your asthma attacks.

EXERCISE

Exercise and other activities that make you breathe harder can affect your asthma. Exercising in places with cold air is a frequent asthma trigger. Symptoms may not appear until after several minutes of sustained exercise. If symptoms appear sooner than this, it usually means you need to adjust your treatment. With proper treatment, you do not need to limit your physical activity.



EMOTIONS



When you feel strong emotions such as anger, fear, excitement, laughter, yelling, crying, your breathing changes – even if you don't have asthma. It may cause wheezing or other asthma symptoms in someone with asthma.