

Asthma Trigger

There are two kinds of asthma trigger namely, allergenic and non allergenic. Allergenic triggers include indoor allergens, such as house dust mites, molds, pets, cockroaches, and rodents, and outdoor allergens, such as pollens and molds. Nonallergenic triggers include viral infections, active and passive smoking, meteorological changes, occupational exposures, and other triggers that are less commonly involved.

WEATHER

Cold and dry air can be irritating to the lungs, cause airway inflammation and trigger asthma flares. This can happen on a cold weather day or even after exposure to a cold air conditioner. Sudden temperature changes can also trigger an airway spasm and worsen asthma.



Stress and Anxiety



Stress and anxiety can sometimes increase airway inflammation and trigger asthma symptoms. Children with asthma are increased risk for asthma attacks after a difficult life event like a death of a family member, pandemic, etc.

Colds and Infection



Viral infections have been implicated in most asthma exacerbations in children. Such infections are sometimes referred to as the “September epidemic” due to their seasonal pattern. Viruses interact with allergens to induce asthma exacerbation and hospitalization. Keeping away from infected people and getting flu vaccine are some of the ways to avoid acquire infection.

References:

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