

ASTHMA TRIGGERS

Asthma attacks occur when extra-sensitive lungs over-react to certain factors called “triggers.” Triggers are factors that may lead to an asthma attack. Different triggers may bring on or worsen asthma symptoms for different people.

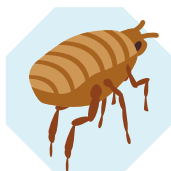
Learn to identify what the asthma triggers are and avoid them where possible. It might help you to keep a diary of activities and symptoms to help you spot patterns.

Here are some common triggers and suggestions on how to avoid them:



Cold, flu, or other airway infections

Keep your flu and pneumococcal vaccinations up to date. Practice good hygiene. Living a healthy lifestyle can boost your immune system and help you stay well. This includes eating a balanced diet, keeping active and not smoking.



Dust mites and mould

Avoid carpets, dust, and clean your house regularly. Reduce dampness indoors to reduce risk of mould.



Animal dander (tiny scales shed from fur, hair, skin of animals)

If having a pet makes your asthma worse, avoid having a pet/ exposure to pets; if not, keep pets away from your bedroom, and wash pets regularly.



Medications such as some pain/fever medications
Avoid Aspirin, Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) (e.g. Ibuprofen, Mefenamic acid) and Beta-blockers (e.g. Propranolol, Atenolol).

MORE ABOUT ASTHMA TRIGGERS



Food, drinks, or additives, such as nuts, sulfites in preserved foods.

Avoid the foods you know you're allergic or sensitive to. Read food labels carefully. If you're eating out, tell the staff about your food allergy.



Smoke and haze

Stop smoking. If family members smoke, it would be advisable for them to stop. Avoid smoking or exposure to cigarette smoke and polluted environments (where possible). Close windows during haze. Avoid going out when haze levels are high.



Chemicals found in scents, or occupational exposures such as wood dust, flour dust, latex

Some people are sensitive to certain chemicals used at work or at home and these may trigger their asthma. Look out for any correlation between exposure to chemicals and asthma symptoms. Do see a doctor if you think you have occupational asthma.



Emotions such as stress, anger, or anxiety

Break the stress anxiety cycle. Find out more about relaxation strategies and breathing exercises. Talk to your doctor about how you are feeling.



Exercise

If your asthma is well controlled, but triggered by exercise, you may have 'exercise-induced asthma.' Your doctor can review your asthma medicines to support you to exercise safely.

Note: This leaflet has been written primarily for people with asthma, their family members, and caregivers. It is not meant to be a substitute for professional advice and care. For further information about your asthma treatment, please speak to your healthcare professional.