Decreasing Asthma Triggers

Asthma is still a serious disease. The number of deaths from asthma is barely decreasing in spite of better medicines. In fact, the trust people have placed in these effective medicines may be the cause of delays in seeking treatment of some severe attacks.

But preventing attacks is as important as treating them, and often easier. A person can frequently control some of the triggers which cause asthma.

Animal danders are a controllable source of asthma attacks. Cats are the traditional cause, with "cat asthma" being well-known. If a person is allergic to cats, then cats must be kept out of the house. Horses, dogs and birds can also cause problems. And feather pillows should be avoided.

The more serious problems occur with dust mites and molds. These are constantly present in homes, although the quantity may vary. Starting the furnace each fall will stir up mites and molds that have accumulated during the summer months. Dust mites and molds can be limited by keeping the house cooler and dryer during the summer months.

Pollen exposure can be limited by using air conditioners and spending less time outdoors, especially on windy and high pollen count days.

Chemical irritants can usually be avoided. These include cigarette smoke, industrial chemicals, and even food additives.

Infections are a common trigger of asthma attacks, especially viral infections. While these infections can not always be avoided, some can be prevented by avoiding unnecessary exposure to crowds during flu seasons. Also getting a pneumonia vaccine and a yearly flu shot is very important, especially for anyone over 65.