



MDwise

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Asthma Triggers

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Overview

When you have asthma, certain things can make your symptoms worse. These things are called triggers.

Things that you're allergic to can trigger your asthma. They may include:

- Dust.
- Dust mites. These are tiny, nearly invisible creatures. They live in bedding, carpet, and furniture.
- Cockroach droppings.
- Pet dander. Dander is loose skin cells (like dandruff) from dogs and cats.
- Indoor mold.
- Pollen.

Your asthma can be triggered by other things too, such as:

- Colds, the flu, and sinus infections.
- Cigarette smoke, air pollution, and fumes from gas, oil, or kerosene heaters.
- Exercise. Many people have symptoms when they exercise.
- Dry, cold air.
- Medicines, such as aspirin or beta-blockers.
- Hormones, including those involved in pregnancy and menstrual periods. A woman's symptoms may change just before or during her period.

Credits

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Author: Healthwise Staff

Medical Review:

John Pope MD - Pediatrics

E. Gregory Thompson MD - Internal Medicine

Adam Husney MD - Family Medicine

Mary F. McNaughton Collins MD, MPH - Internal Medicine

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