



Asthma - Reactive Airway Disease

Possible Asthma Triggers

Respiratory Care Department

Allergens:

Foods such as nuts, chocolate, eggs, orange juice, fish, milk, peanut butter

Pollens from flowers, trees, grasses, hay, ragweed, mold spores

Animals such as rabbits, cats, dogs, hamsters, gerbils, chickens, birds

Insect parts, as from dead cockroaches

Sulfites, food preservatives, aspirin

Dust mites

Household Products:

Vapors from cleaning solvents, paint, paint thinner, liquid chlorine bleach

Sprays from furniture polish, starch, cleaners, room deodorizers

Spray deodorants, perfumes, hair sprays, talcum powder, scented cosmetics

Dusts:

Cloth upholstered furniture, bedding, carpets, draperies that gather dust

Brooms and dusters that raise dust

Dirty filters on hot air furnaces and air conditioners that put dust into the air

Pets

On the Job:

Dusts, vapors, or fumes from:

- Wood products (western red cedar, some pine and birch woods, mahogany)
- Flour, cereals, grains, coffee, tea, papain
- Metals (platinum, chromium, nickel sulfate, soldering fumes)
- Cotton, flax, hemp
- Mold from decaying hay

Weather:

Exercise in cold weather

Changes in seasons

Air Pollution:

Weather inversions

Traffic jams

Parking jams

Smoke-filled rooms

Exercise:

Wheezing may begin after overexertion, especially in cold weather

Infections:

Colds, other viruses

Bronchitis

Tonsillitis

Sinusitis

Nighttime:

Lying down

Tiredness

Accumulating mucus

Emotions:

Fear

Anger

Frustration

Laughing too hard, crying, coughing

Smoke:

From cigarettes, cigars, pipes- either yours or someone else's