



CAAC
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Asthma Triggers

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A comprehensive asthma management plan should include identification of major triggers. A “trigger” is anything that can cause worsening of asthma symptoms. Classic asthma symptoms include wheezing, shortness of breath, chest tightness, or cough. The most common asthma triggers are:

Viral and bacterial infections

The common cold, flu, and sinusitis are by far the most common cause for asthma exacerbation.

Strenuous exercise

Exposure to cold, dry air

Allergies

Dust mites, animal dander, pollen, mold, cockroach or food allergy can trigger symptoms. All patients with asthma should have allergy testing in order to identify and avoid any potential triggers.

Acid reflux or heartburn

Pollutants and chemicals

Tobacco smoke, household cleaning agents, or perfumes may trigger symptoms and should be avoided.

Medications

Beta blockers and nonsteroidal anti-inflammatory drugs such as ibuprofen or aspirin can worsen asthma symptoms in some patients.

Emotional anxiety

Proper rest, diet, and exercise are important for overall health and can improve asthma control.

Work together with your allergist to manage your asthma so that you can participate in normal activities and enjoy an active and healthy lifestyle.