

III. WHAT TRIGGERS AN ASTHMA ATTACK?

Not everyone responds to the same triggers. Allergy test and your experiences can help you identify what triggers your asthma attack. The most common asthma triggers are:

- Dusts
- Dust mites
- Cockroaches
- Mold spores (mildews)
- Pollen from flowers, trees or grass
- Air pollution
- Tobacco smoke
- Car exhaust
- Foods: fish, eggs, nuts, peanut butter, milk products, chocolate, citrus fruits (orange, grapefruit, tangerine)
- Sulfite: a preservative added to some wine, beer, dried fruits and restaurant prepared fruits and vegetables.
- Household pets: dogs, cats, birds, rabbits, hamsters.
- Household products - feathered pillows, down comforters, sprays, perfumes, scented cosmetics, vapors from cleaning solvents, paint, bleach.
- Certain vigorous exercises
- Emotional stress and excitement
- Weather changes, especially cold.
- Certain medications such as aspirin
- Nighttime asthma

