

Title:

10 Steps to Asthma Self Help

Word Count:

516

Summary:

Managing asthma is not something your doctor can do for you all by himself. Asthma self help i

Keywords:

asthma, self treatment, tips

Article Body:

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Because asthma can be caused, triggered or worsened by so many things, there are many things t

1. The first and most important step in asthma self help is to follow your doctor's order
2. If you smoke, quit. Whether the asthma sufferer is you or a child in your family, ciga
3. Keep the house dust-free ~ or as close to dust-free as possible. Dust is another commo
4. If you can, remove carpets and heavy draperies. They're dust-catchers that easily bree
5. Avoid using down feather pillows and comforters, and use a plastic cover on your mattr
6. Cover your mouth and nose with a scarf in cold weather. Cold air is another common ast
7. If your asthma is triggered by allergens, monitor the outside air quality daily. Avoid
8. Mold is another common allergen that triggers asthma. Keeping mold down is another imp
9. Pet dander can also trigger asthma symptoms. If you can't part with a pet because of e
10. Be aware of any food or ingested allergies, and avoid foods, medications and drinks th

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