

Title:

Asthma Triggers and How to Control Them

Word Count:

339

Summary:

Do you enjoy the outdoors? Do you love pets? What if you had to choose between these things and

Unfortunately, for many asthma sufferers, that choice is one they make every day. Asthma affected

Keywords:

Asthma Triggers and How to Control Them

Article Body:

Do you enjoy the outdoors? Do you love pets? What if you had to choose between these things and

Unfortunately, for many asthma sufferers, that choice is one they make every day. Asthma affected

So, how can asthma sufferers do the things they love without suffering? Knowing asthma triggers

Here are a few asthma triggers and ways to manage them, as recommended by the Consumer Federation of America.

* Secondhand smoke. Tobacco smoke, whether exhaled by a smoker or emitted from the end of a cigarette,

To keep secondhand smoke from triggering an asthma attack, asthmatics should politely ask friends and family

Parents with asthmatic children should prohibit smoking in their homes and automobiles.

* Dust mites. These microscopic animals are in every home. They survive on skin flakes and usually

To keep dust mites at bay, wash sheets, bedcovers and blankets at least once a week in hot water.

* Pets. To keep pets around and avoid asthma problems, pets should be kept out of bedrooms and

* Mold. Mold can grow on wood, paper, carpet and foods. Mold can best be controlled by controlling

* Cockroaches. Droppings or body parts of cockroaches can be asthma triggers. To manage them,

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>