

Title:

Coping with Asthma

Word Count:

397

Summary:

Wash sheets, blankets, and pillows once a week and look into dust-proof covers for mattresses

Keywords:

asthma, illness, medication,

Article Body:

Managing and controlling asthma is very important for asthma sufferers. Knowing the triggers

Asthma triggers can be any number of things. If you smoke or allow smoking in your home, you

Asthma sufferers affected by cold air should wear a scarf over the mouth and nose in winter, a

Once you know what your triggers are and how to control them, you should make a plan of action

Controlling your asthma is crucial, but if your asthma symptoms are not under control, it can

Asthma affects so many people and should be managed and controlled to keep the dilemma from ge

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