Asthma episodes can be triggered by any number of things, but in general you should pay particular attention to:

- **Allergens**: Things that can cause an allergic reaction, such as pollen, dust or pet dander.
- **Things that can irritate airways**, such as smoke or fumes.
- **Reactions to certain conditions** such as cold weather, activity that makes you breathe hard, or an illness.

**Know What Sets OFF Your Asthma:**

Once you know what triggers your asthma episodes, taking steps to avoid those triggers can help prevent episodes.

Many people with asthma have more than one trigger.

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**What Causes Asthma OR Can Trigger An Asthma Episode?**

Scientist are not sure why some people have asthma and others don’t. For many people, a tendency to suffer from asthma may be inherited. Other factors may also be involved. Many things can trigger an asthma episode including:

- **Smoking**: Smoking cigarettes, cigars, pipes, or anything else, increases your risk of getting asthma symptoms. If you smoke at home, your child has a greater chance of having asthma. It is smart to avoid smoke and people who smoke.

- **In the Family**: Asthma can “run in the family.” It can be inherited. It may be more common in Hispanic people, especially those who come from Puerto Rico. If you have blood relatives with asthma or allergies (father, mother, sister, brother, son, daughter), you may be at higher risk of getting asthma.

- **Allergies**: 80% of people with asthma have allergies to substances in the air such as tree, grass, and weed pollens, mold, animal dander (droppings), dust mites, and cockroach particles.

- **Environmental Pollutants**: Pollutants, fumes, tobacco smoke, chemicals and certain medicines.

- **Medications**: Other medicines may cause asthma symptoms or make asthma worse. Make sure your doctor and your pharmacist know all the medicines you are taking. Keep an up-to-date list of all medicines you use, both prescription and over-the-counter, in your asthma journal.

- **Food allergies**: Only about 5% of asthma symptoms are caused by food allergies. The most common food allergies are to the additives MSG (monosodium glutamate) and to sulfites.

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### Asthma Education

#### Tracking Asthma Triggers

**Tracking Your Triggers:**
Go over this list of common asthma triggers. Check off ALL that set off or agitate your asthma episodes. If you’re not sure, write details (being as specific as possible) about your episodes in the log below. Then, re-check over the list to see which triggers may have been present.

- Air Pollution
- Aspirin, Other Medication
- Breathing Cold Air, Air Conditioning
- Changes in the Weather
- Cockroaches
- Colds, Other Respiratory Infections
- Dust or Dust Mites
- Exercise, Playing Sports
- Foods or Beverages with Sulfites
- High Humidity
- Mold, Mildew
- Perfume, Body Deodorants
- Pet Dander
- Pollen
- Stress
- Strong Chemical Smells
- Strong Emotional Responses
- Tobacco Smoke
- Physical Activity (Walking)
- Other ____________________________________________

<table>
<thead>
<tr>
<th>Date and Time of Episode</th>
<th>Where You Were</th>
<th>What You Were Doing at time of episode</th>
<th>Special Details (dusty, stress, etc.)</th>
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### Work With YOUR Health Care Provider:

Health Care Providers can help you look for and identify patterns in your asthma episodes. Keeping track of your asthma episodes will help you be more alert and attune to warning signs of an oncoming asthma episode.

### Prevent Asthma Triggers:

An important part of self-care is taking steps to protect yourself from asthma triggers in your home and immediate living surroundings.

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**Call 1-800-854-5729**

**OR visit us @ BetterLivingNow.com**

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