

Cycle 4 – Asthma
2409 - Avoiding Asthma Triggers
SCRIPT

(1)

YANA SAMARASENA, MD:

There are several different triggers that can cause an increase in asthma symptoms. Frequently, someone who has asthma has underlying allergies. And when they see their allergist, the allergist will do allergy testing, blood tests or skin tests, to see what the allergens are. Once we know our triggers, at that point it makes it a little bit easier to avoid them.

(2)

JOSEPH DIZON, MD:

When people have triggers there are the classic triggers that people can be exposed to such as dust, such as animal dander, such as pollens as evoking these symptoms. But certainly people can have symptoms that are flared because of other non-allergic factors.

(3)

AMBER BURNETTE, MD:

Viral illnesses are definitely one of the major causes, and so that's the common cold, anything that can cause more swelling or mucous or block up your respiratory system, your breathing, can make things worse.

(4)

YANA SAMARASENA, MD:

Smoke is a significant irritant and is probably one of the most common irritants that triggers asthma.

(5)

JOSEPH DIZON, MD:

Smoke, perfume, colognes, gasoline, bleach-- those strong odors can also trigger asthma symptoms.

(6)

DR. AMBER BURNETTE, MD:

Other common triggers for asthma are environmental triggers, and so, strong winds, weather changes--because cold air can actually trigger closure of the lungs to some degree and that can cause symptoms.

(7)

DR. AMBER BURNETTE, MD:

Exercise is a trigger for about 80 per cent of asthmatics. But what I tell everyone is that does not mean you can't exercise. But we do have to focus on maintaining good control of asthma and at times using a rescue inhaler to open the lungs prior to exercise can be a great management strategy for exercise induced asthma symptoms.

(8)

DR. MICHAEL LAND, MD:

Stress can also trigger an asthma attack as well. Some patients may find that strong emotion--hyperventilating, things that may be similar to asthma, may trigger their asthma.

(9)

DR. MICHAEL LAND, MD:

So allergies and asthma are chronic conditions. And I try to impress that on my patients that there's not a really quick fix for a lot of their symptoms. A very important thing is understanding that they've developed a sensitivity to something that they need to try to avoid to decrease their

chance to have symptoms when they're exposed to that.

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