
What triggers an asthmatic attack?

By rhissa

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There are numerous causes that "trigger" your asthma attack. However, these can be divided into three major groups:

Allergens - the largest group includes common "triggers" like pollen, molds, mildew, cockroaches, feathers, and dust mites.

Irritants - this group are found in common household items such as aerosol sprays, cleaning products, and perfumes. Tobacco smoke, air pollution and industrial chemicals also belong to this group.

Physical Conditions - this group includes exercise, weather changes and emotional stress. It also includes viral infections like common cold and flu.