



CFP

CARTER FAMILY PRACTICE
MODERN MEDICINE, CLASSIC CARE

#4

UNDERSTANDING ASTHMA TRIGGERS

— Identifying What Makes Your Asthma Worse —



Every person's asthma is different. The things that trigger your symptoms may not be the same as someone else's. Learning your personal triggers is one of the best ways to prevent asthma flare-ups before they start.



COMMON ASTHMA TRIGGERS



Seasonal allergies

Pollen, mold, and dust can irritate sensitive airways.



Colds and viruses

Respiratory infections are a leading cause of asthma flare-ups.



Smoke

Cigarette smoke, wildfire smoke, and air pollution can trigger symptoms.



Cold air

Breathing in cold, dry air can tighten airways and cause symptoms.



Exercise

Physical activity can trigger symptoms, especially in cold or dry conditions.



Dust

House dust, dust mites, and mold can worsen asthma.



Strong odors and chemicals

Perfumes, cleaning products, and aerosols can irritate airways.



Weather changes

Changes in temperature, humidity, or storms can trigger symptoms.



Stress and strong emotions

Stress and strong emotions can tighten airways and trigger symptoms.



Triggers can vary from day to day. Pay attention to patterns and share them with me.

YOU DON'T HAVE TO LIVE IN A BUBBLE



No one can avoid every asthma trigger. Pollen, weather changes, colds, and other triggers are part of everyday life.

The goal isn't to live in a bubble.

It's to understand what affects your asthma so we can work together to reduce flare-ups while helping you continue to live an active, healthy life.



TRIGGER TRACKER



This week I noticed my symptoms after:

- ☐ Exercise
- ☐ Cold air
- ☐ Pollen
- ☐ Smoke
- ☐ Respiratory illness (cold/flu)
- ☐ Strong odors or chemicals
- ☐ Weather changes
- ☐ Stress or strong emotions
- ☐ Other: _____



Bring this information to your next visit. It helps me help you.



Karen's Perspective

“One of the most helpful things you can do is notice patterns. If your asthma tends to flare after mowing the lawn, during spring pollen season, or when you get a cold, tell me. The more we understand your triggers, the better we can tailor your treatment plan.”

— Karen

QUESTIONS FOR KAREN



How can I figure out what triggers my asthma?



Do I need to avoid all of my triggers?



Can my asthma triggers change over time?



QUESTIONS ABOUT THIS TOPIC?

Karen's Corner

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Have a question after reading this Field Note? Send it to Karen's Corner. Your question may even inspire a future educational resource.



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