

GOODBYE GESUNDHEIT!

From sneezing to wheezing, allergies and asthma affect one in four Americans,¹ taking a physical and financial toll. Take steps to control your condition today, and you can live a normal, active life that avoids costly consequences and treatment down the road.

Track Your Triggers

- **Dust mites** – Put pillows/mattresses in allergen-impermeable covers.
- **Tobacco, air pollution** – Avoid smoking, wood stoves and fireplaces.
- **Pets** – Keep animals away from the bedroom and bathe them often.
- **Strong odors** – Avoid perfume, deodorizers, cleaning chemicals and paint.
- **Indoor mold** – Bathrooms and basements require good air circulation, frequent cleaning and sometimes a dehumidifier.
- **Vacuuming** – Vacuums need a high-efficiency filter (e.g., micro filter or HEPA media) – but leave the vacuuming to others.
- **Strong emotions** – Crying, yelling or even anxiety can bring on an attack.
- **Medicines** – Aspirin, ibuprofen and beta blockers can trigger asthma.
- **Use air-conditioning** – Close doors and windows to keep pollen and mold spores outside.

Get Some Sun, Sweat

Sunshine (vitamin D) and regular exercise just might help your asthma.² Consult your doctor.

Ask an Allergist

Consider seeing an allergist or immunologist. Visit our website to find one in your area.

Log On and Learn

- **aaaai.org** – American Academy of Allergy, Asthma and Immunology
- **aafa.org** – Asthma and Allergy Foundation of America

¹ CDC Fast Facts A-Z. Vital Health Statistics, 2003

² articles.mercola.com/sites/articles/archive/2009/04/04/Sure-Fire-Strategies-to-Help-Asthma-Naturally.aspx



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