












# Do you know what triggers your asthma?

The causes of asthma symptoms can vary for different people. One thing that stays the same for all is when airways come into contact with an asthma trigger. The airways get inflamed, narrow, and fill with mucus. This makes it hard to breathe.

Some people have only one trigger. Others may have many. Common asthma triggers are:

- Allergens such as  animal fur, dust, mold, or pollens from trees, grasses, and flowers. 
- Irritants such as  air pollution, chemicals, wood smoke, and cigarette smoke. 
- Strong smells such as hair spray, perfumes, household cleaners, paint,  or varnishes. 
- Certain medicines such as aspirin and ibuprofen. 
- Illnesses and infections like the cold and flu, sinus infections, and even heartburn. 
- Strong emotions such as stress, yelling, anger, anxiety, crying,  and laughing hard. 
- Increased physical activity or any exercise. 

If you have questions or want to learn more about asthma, please call Pam at the Upper Peninsula Health Plan at 1-888-904-7526 Ext. 7504.