

What Are the Triggers That Can Cause an Asthma Attack?

Pollen and Mold



Dust and Dust Mites



Air Pollutants



Perfumes or Household Cleaners

Cockroaches



Animal Protein (dander, urine, oil from the skin)



Certain Foods

Exercise

Tobacco or Wood Smoke



Respiratory Infections and Sinus Infections

Aspirin and Anti-Inflammatory Medications

Emotional Anxiety and Nervous Stress

