Health Tip of The Month: \textit{Avoid Airway Aggravators}

\textbf{Breath Healthy Air}

\textbf{Windy Lung}

\textit{Asthma Aggravators:}

1. \textit{Tobacco smoke}—don’t smoke! Don’t let other people smoke around you.

2. \textit{Pollen}—keep windows closed and run the air conditioner in pollen season.

3. \textit{Chemicals}—avoid spraying cleaners, pesticides and other chemicals.

4. \textit{Cockroaches}—many people are irritated by cockroach bodies and their droppings – don’t eat in your bedroom to avoid cockroaches in your room!

5. \textit{Dust Mites}—clean the house frequently to avoid dust mites. Vacuum carpets, wash bed linens, dust furniture and wash floors.

6. \textit{Molds}—have your home checked for mold and mildew.

7. \textit{Pets}—If you’re allergic to animal dander, see your doctor for treatment. Consider a pet without dander (there are some breeds of dogs that do not have dander. There are also cold blooded pets, such as lizards, that do not cause allergic reactions.)