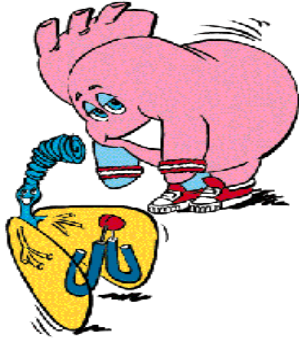
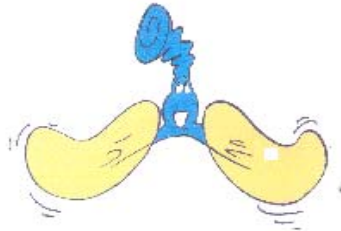


**Health Tip of The Month:**

***Avoid Airway Aggravators***



**Breath Healthy Air**



**Windy Lung**

***Asthma Aggravators:***

1. **Tobacco smoke**—don't smoke! Don't let other people smoke around you.
2. **Pollen**—keep windows closed and run the air conditioner in pollen season.
3. **Chemicals**-avoid spraying cleaners, pesticides and other chemicals.
4. **Cockroaches**-many people are irritated by cockroach bodies and their droppings – don't eat in your bedroom to avoid cockroaches in your room!
5. **Dust Mites**-clean the house frequently to avoid dust mites. Vacuum carpets, wash bed linens, dust furniture and wash floors.
6. **Molds**-have your home checked for mold and mildew.
7. **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.)