

# Office Visit Form

## Identify Your Asthma Triggers

Check all of the asthma triggers that affect you and share this list with your primary care physician or asthma specialist.

- ☐ House Dust Mites — Dust mites need moist air to live. You can control dust mites by washing the bed pillows, sheets, and covers every week in hot water (130 degrees F), use a special allergy-proof mattress and pillow covers; get rid of carpets, extra pillows and upholstered furniture, especially in the bedroom, wash stuffed animals in children's rooms weekly in hot water (130 degree F), dust and vacuum often, use a dehumidifier in damp areas.
- ☐ Animals — All warm blooded animals, including birds and small rodents produce dander. People with asthma should avoid having or keeping furry animals. If you have one, keep the pets out of the bedroom. Keep the bedroom door closed and consider using dense filters or tape double-thickness cheesecloth over forced-air outlets; keep pets away from carpet and upholstered furniture.
- ☐ Mold — Repair leaks and use a fungicide or bleach and water solution where mold is visible. Mold can be visible in bathrooms and basements.
- ☐ Cockroach Droppings — Strategies to avoid having cockroaches include keeping food in tight containers, repair water leaks, use traps and poison baits to control cockroaches. Avoid using sprays. Sprays can be irritating to you. If a spray must be used, people with asthma should leave the home until the odor or smell has gone away.
- ☐ Pollen from trees, grass and weeds — Keep your doors and windows closed when outdoor pollens are high. Take a shower after being outside when pollens are high. Take your medications before activity.
- ☐ Air Pollution, smoke and car exhaust — Keep your doors and windows closed when outdoor pollens are high. Take a shower after being outside when pollens are high. Take your medications before activity.
- ☐ Strong smells from paint, spraying, cleaning fluids, garden chemicals, perfumes, lotions, hair spray, and deodorants — Stay away from home when sprays or other strong chemicals are present.
- ☐ Smoking — Cigarette, pipe and cigar smoke can affect asthma very severely. Smoking should never be allowed in the home or cars. People with asthma should avoid smoke.
- ☐ Infections — get your flu shot every year, see your healthcare provider for proper treatment of any infection.
- ☐ Drainage from colds and sinus problems — Don't ignore a drippy nose. Talk to your healthcare provider, wash your hands with soap and water frequently and don't share food, toothbrushes or toothpaste when you have a cold.
- ☐ Food and Medicine — people with asthma should read food labels and try to avoid eating foods that contain sulfites. Do not take aspirin and keep a list of any other medications or foods that make your asthma symptoms worse.
- ☐ Weather Changes — Avoid doing things outdoors when the weather is very hot or very cold. Wear a scarf to protect your mouth and nose when you must be outside and the weather is very cold.
- ☐ Exercise and stress — If exercise is one of your triggers, your healthcare provider can give you medicines to take 15 to 30 minutes before exercise. Do warm up exercises. If you are feeling stress, talk your healthcare provider for specific ways to help reduce or eliminate your stress.

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