

# Allergies + Asthma= “Asthmergies”

Allergic asthma affects more than half of the nearly 25 million Americans with asthma. Learn how to control and treat allergies and asthma.

Allergy Cycle

**Winter**  
Indoor allergens, like **pet dander** and **dust mites** prevail

**Spring**  
Tree pollen peaks March to May

Allergy and asthma symptoms related to pollen and ozone smog are expected to rise as climate changes continue.

In May 2015, record-breaking Midwest tree pollen counts were recorded.  
-- Gottlieb Allergy Count

**Fall**  
Weed and ragweed season begins in Mid-August

**Summer**  
Grass pollen at worst in May and June

Asthma Triggers

70% of asthma patients also have allergies



**Weather**  
Changes in barometric pressure or periods of extreme heat or cold



**Airborne Allergens**  
Pollens, mold, animal dander, dust mites



**Heartburn/GERD**  
Gastroesophageal reflux disease can cause flare-ups



**Inhaled Irritants**  
Smoke, paint fumes, perfume and pollution



**Exercise**  
Strenuous activity can bring on asthma symptoms



**Upper Respiratory Infections**  
Cold, flu, bronchitis

Control

## Control your environment

**Shower** before bedtime if you're outside all day.

Keep **windows closed** and air conditioner on.

**Avoid** peak pollen hours (4-10 am).



**Wipe off pets** before they come in from outside to limit pollen exposure.



**Don't line dry** laundry outside.

Treat



Take **precautions when exercising outdoors**. Bring inhaler, avoid being out during peak pollen hours and shorten workouts.



**Consider medications** to reduce allergy symptoms. Nasal steroids can reduce inflammation. Decongestants and antihistamines provide symptomatic relief.



**See your physician.** Discuss your symptoms and asthma triggers.

React



**When to seek emergency treatment...**

- Extremely out of breath when not moving
- Persistent cough and wheezing with shortness of breath
- Trouble walking, talking or performing normal activities
- Anxiety because of breathing difficulty
- Bluish lips or fingernails
- Breathless, exhausted and confused
- Skin over ribs looks “sucked in”