

ENVIRONMENTAL ASTHMA TRIGGERS



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A healthier and safer Indiana

Today's Session Will Cover:

- ❑ **Common environmental triggers**
- ❑ **Methods to reduce trigger exposure**
- ❑ **Environmental trigger data from the 2013 Asthma Call-Back Survey**
- ❑ **ISDH Resources**

Indoor Environmental Asthma Triggers

- ❑ Gas used for cooking
- ❑ Mold
- ❑ Pests inside the home
- ❑ Cockroaches
- ❑ Mice or Rats
- ❑ Wood burning fire place/stove
- ❑ Unvented gas fire place/stove
- ❑ Smoking inside the home
- ❑ Carpeting or rugs in bedroom



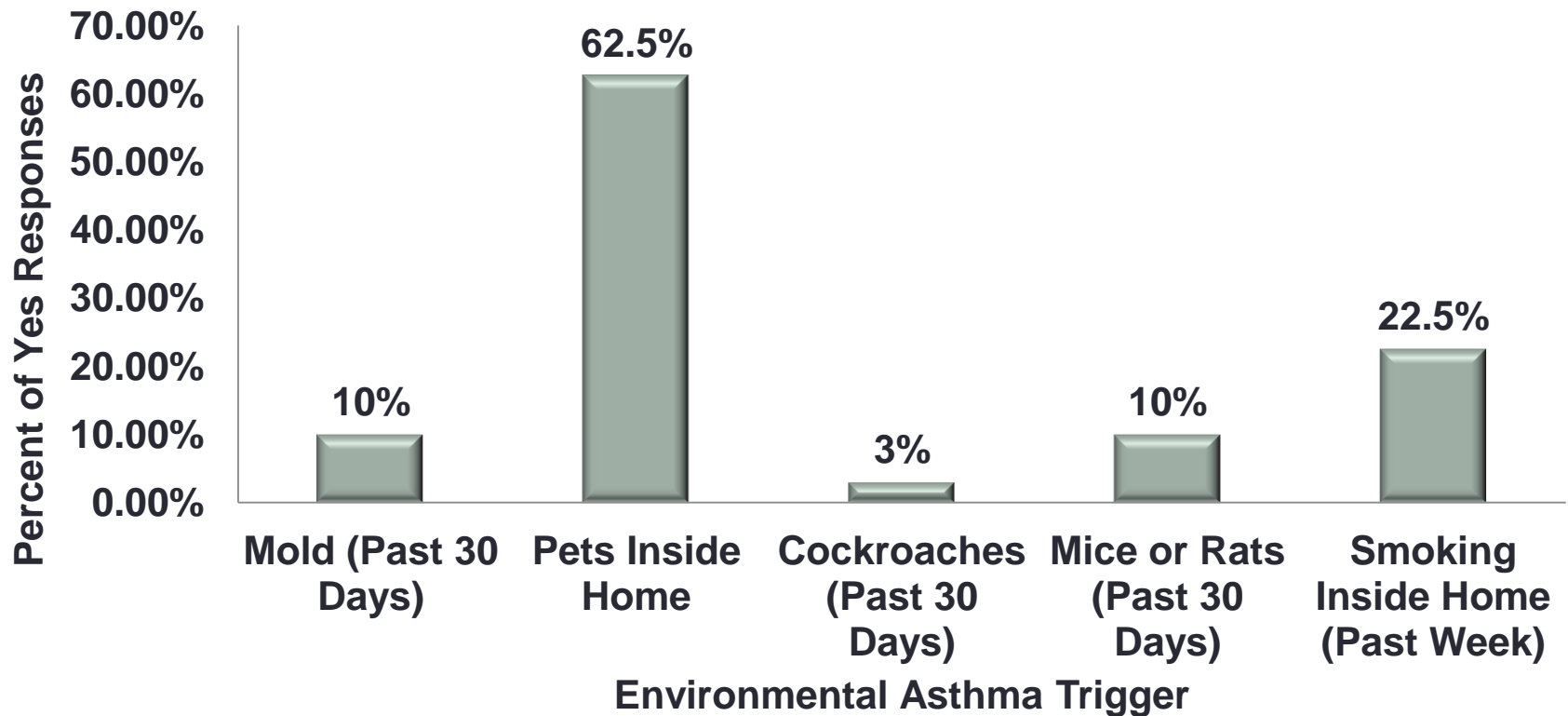
Other environments to think about

- ❑ **School**
- ❑ **Work**
- ❑ **Malls/shopping centers**
- ❑ **Relatives'/friends' homes**
- ❑ **Restaurants**
- ❑ **Gyms**
- ❑ **Travel**
- ❑ **Household moves/relocations**

Lesser known culprits

- ❑ **Flowers**
- ❑ **Aerosols**
 - Deodorants
 - Hair sprays
 - Room fresheners
- ❑ **Cologne/Perfume**
- ❑ **Powder and talc**
- ❑ **Nail polishes & removers**
- ❑ **Personal hygiene products**

High-Level Environmental Asthma Triggers of Adults with Current Asthma

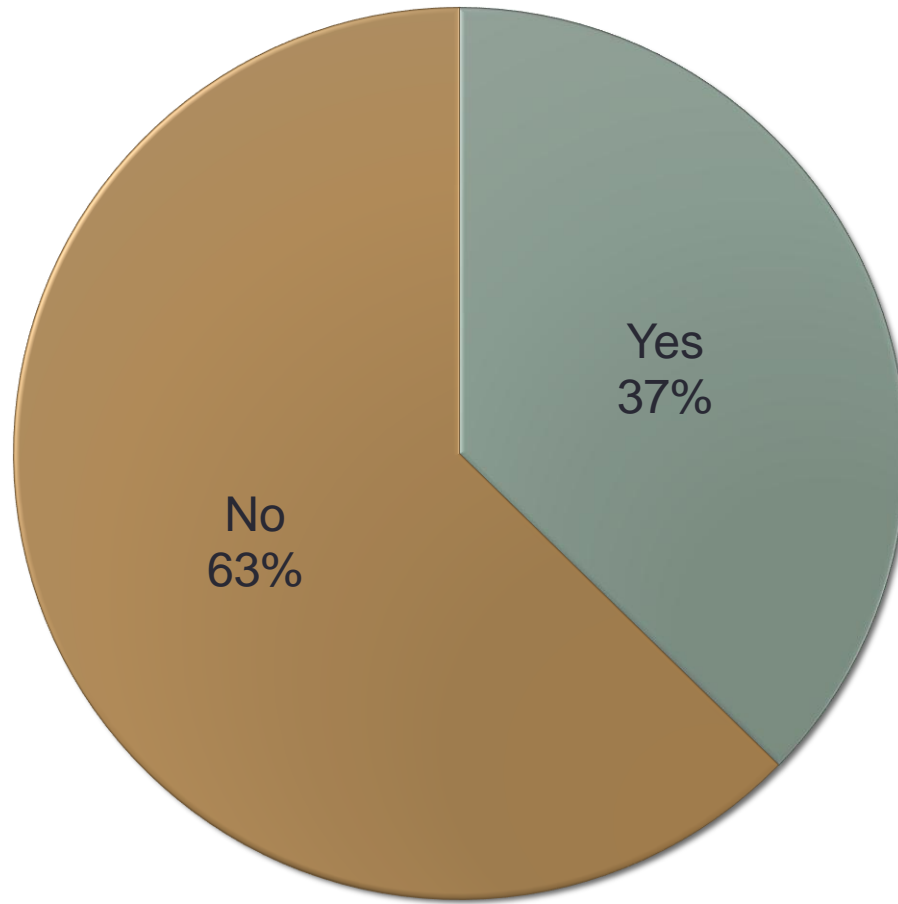


Action Taken to Reduce Trigger Exposure

- ❑ Use air cleaner/purifier regularly
- ❑ Use dehumidifier regularly
- ❑ Use kitchen exhaust fan regularly
- ❑ Mattress & pillow covers
- ❑ Sheets & pillow cases washed in hot water
- ❑ Use bathroom exhaust fan regularly
- ❑ Not allow inside pets in bedroom



Medical Advice Given to Change Home, School, or Work Environment



TAKE HOME

- ❑ **Understand how to manage triggers**
 - This starts at diagnosis
 - May change
- ❑ **Understand how to *best* use asthma management medications**
- ❑ **Work with providers to develop an appropriate AMP**
- ❑ **KNOW YOUR TRIGGERS!!!**

For more information

- ❑ **ISDH Asthma Program website**

- <http://www.in.gov/isdh/24965.htm>

- ❑ **Most current Indiana data**

- <http://www.in.gov/isdh/17279.htm>

- ❑ **Data request form**

- http://www.in.gov/isdh/files/Asthma_ISDH_Data_Request_Form.docx

- ❑ **Indiana INdicators: health-related indicators for the state and by county**

- <http://indianaindicators.org/>

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For more asthma data, visit the Asthma Program's [Data and Reports](http://www.in.gov/isdh/17279.htm) webpage at <http://www.in.gov/isdh/17279.htm>.



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