

## Relief from Allergies and Asthma

Asthma is diagnosed when you cannot control your breathing. You may wheeze, have a dry cough, a feeling of tightness in the chest and shortness of breath. This is due to a narrowing of the air passageways to the lungs. This can be brought on by a tightening of the muscles, swelling, and inflammation. Asthma is normally triggered by an allergy or certain activities that irritate the lungs. When you are having an allergy attack, your airways may constrict and you may have difficulty breathing. These symptoms can be even more severe when you have asthma. Your chest may feel heavy and you may need oxygen support or an inhaler to open the airways to your lungs.

To help prevent or lessen the severity of your asthma attacks, you may need to do a lot of cleaning. It may be advisable to invest in an air filter that removes any mold spores found in a room. You will want to eliminate any dust lying around. Dust is one of the primary triggers that cause full-blown asthma attacks. You may need to ensure that you do not have any dust mites or bed bugs in your room. You should also try to eradicate any harmful food allergens.

You can avoid ingesting a food allergen by checking food labels and reading ingredient lists. This is one way to help reduce the likelihood of an asthma attack from a food allergen. You may also want to clean your air conditioner and heating ducts. You can have this done professionally in order to reduce the mold spores and pollen in the air. You will want to consult your doctor about your allergies if you suffer from asthma. You should make your doctor aware of any allergies you think you may have developed, but takes on special importance if you are asthmatic.

If you know that you have allergies and you suffer from asthma, it is vital that you take precautions such as cleaning your home, as well as avoiding certain areas and activities that you know to trigger your asthma. Prevention of an attack is the best course of action. However, if you do suffer an attack, there are inhalers and injections available that can help you stay calm while the asthma attack is occurring.