



ASTHMA COALITION OF GREATER LOWELL NEWSLETTER

“The Asthma Coalition of Greater Lowell envisions healthy communities for all where asthma is reduced and well managed.”

Winter 2016/2017

QUICK FACTS

Did you know that:

- *Damp wood could trigger your asthma, if it has mold growing on it, which could trigger your mold allergy.*
- *Any smoke that might float in from a fireplace or stove could trigger your asthma.*
- *It's important to keep your carpets and fabrics clean of pet dander.*
- *Drinking lots of water helps prevent asthmatic attacks caused by the high heat and dry winter.*
- *Heavy snacking on sugary treats can trigger your allergies! Don't compromise health for the holiday.*
- *As much as we want to stay warm, blankets collect pollens, pet dander, and dust mites! Always keep it clean.*
- *Stress may lead to asthma attacks*

HOLIDAY TIPS

- ✓ Keep warm. Especially outdoors wrap your nose with a scarf or wear a mask.
- ✓ Replace filters. Your home heating system may blow dust and debris throughout your house, especially when you first start it up for the winter. Try to keep the temperature and humidity levels in your home consistent.
- ✓ Exercise indoors.
- ✓ Take your medications. Work with your doctor or asthma specialist to create an effective treatment plan, and continue to get regular check-ups.
- ✓ Purchase an artificial Christmas tree because the fragrance of the natural tree and mold spores may irritate your lungs.

For more info visit <https://www.aaaai.org/conditions-and-treatments/library/asthma-library/allergies,-asthma-and-winter-holidays>



Greater Lowell Asthma Coalition Phone: 978-934-4682

Web: www.greaterlowellhealthalliance.org/health-priorities/other-health-priorities/respiratory-diseases-2/

Facebook: <https://www.facebook.com/Asthma-Coalition-of-Greater-Lowell-1103386906444845/>

Many resources available about asthma: [American Lung Association](#), [Noattacks.org](#), [Environmental Protection Agency \(EPA\)](#), [Asthma and Allergy Foundation of America New England Chapter](#), [Allergy and Asthma Network Mothers of Asthmatics](#), [American Academy of Allergy, Asthma, and Immunology](#), [Asthma Action America](#), [New England Asthma Regional Council \(ARC\)](#) For statistics on asthma and other environmental issues in Massachusetts, visit the [Massachusetts Environmental Public Health Tracking website](#).

ABOUT ASTHMA AND SMOKE



During the winter we usually spend more time inside because it's too cold outside. Inside, we might be exposure to secondhand smoke (e.g. cigarette, cigar, pipe, and smoke exhaled by a smoker), which is the leading cause of asthma attacks. There is no risk free exposure to secondhand smoke. It's very important to ensure that individuals are not exposed to smoke in their home.

For more info visit:

- http://www.nchh.org/portals/0/contents/nchh_green_factsheet_smokefree.pdf
- <http://makesmokinghistory.org/smoke-free-environments/>



ASTHMA AND HOUSEHOLD CHEMICAL USE



Children and adults with asthma should not be exposed to strong chemicals in the following: aerosol spray products, including health, beauty, and cleaning products, air fresheners, chlorine bleach, dry cleaning chemicals, rug and upholstery cleaners, furniture and floor polish and oven cleaners. The home should be cleaned in their absence or use microfiber cloths for more effective cleaning, as well as non-toxic alternatives, such as white vinegar and water.

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ABOUT ASTHMA AND HUMIDIFIER



Increased humidity may ease breathing in children and adults who have asthma or allergies, especially during a respiratory infection such as a cold. But dirty mist or increased growth of allergens caused by high humidity can trigger or worsen asthma and allergy symptoms.

TIPS TO CLEAN HUMIDIFIERS

- ✓ Clean humidifiers every three days.
- ✓ Unplug the humidifier before you clean it.
- ✓ Remove any mineral deposits or film from the tank or other parts of the humidifier with a 3 percent hydrogen peroxide solution, which is available at pharmacies.
- ✓ Do not over use the humidifier and maintain relative humidity at 50% or below in your home using a hygrometer.

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