

Asthma Management: Weather Triggers

Now, a health minute.

Some of the most common irritants that can trigger asthma symptoms include sudden changes in the weather, extreme temperatures, and changes in the ozone level.

The weather extremes most likely to irritate your lungs are very hot and humid weather and very cold and dry weather.

The cold, dry air during winter can constrict your airways, triggering asthma symptoms.

But don't let the weather get in the way of enjoying winter activities.

Your healthcare provider may change your medication during the winter months.

In the high heat of the summer, the ozone, humidity, and levels of pollution can increase, causing overall poor air quality.

Check your local weather forecast to find out when the air quality is poor and plan your day accordingly.

The best prevention during weather extremes is to stay indoors in a controlled, air-conditioned environment.