



Speaking from Experience Asthma in Adults

Transcript for chapter 4 of 12: Triggers

Arthur: Through, in my case, an infection or some particular thing, they develop asthma.

John: If I get a cold and I'm very, very tired, and it's cold weather - I can get an asthma attack. But I can also get an asthma attack when it's quite warm, and I'm not under any pressure at all and I can be sitting on a beach.

Glenda: I was in Queensland, we'd just moved there and I had a small toddler. And the climate obviously disagreed with me. I had three attacks within two months and I was hospitalised each time. The local GP was just wonderful. He was the one who really helped me through it.

Leisl: I've got some food ones, which aren't common. Chilli, basil, if I eat too much chocolate, oranges, mandarins, are big ones. And that's really it. There's just a few and I'm careful to really avoid those ones. But I'm very allergic to pollution, in Melbourne. And that's why I cannot live in Melbourne. I find that my peak flows drop when I come down here, so I tend not to stay. I could stay a night or two, and I'm alright.

De: I have masses of triggers. Dogs are a trigger. Certain types of food, yes. Bread, rice, anything doughy, like cakes or spongy things.

Leisl: I didn't exercise, because I was exercise induced. So I tended to skip all of that side of things.

Glenda: House dust, cigarette smoke, nicotine I'm very allergic to, some pollen, north winds in Melbourne I'm very allergic to, pollens of grasses, animal fur. I don't have any food triggers which is good.

Margaret and Michael: I was sitting on a new leather lounge suit and I think the smells were just too strong.

De: Don't be scared of it, because one thing that will always exacerbate asthma is stress. And if you put yourself under stress because you've got it, then you are asking for trouble.

Margaret and Michael: Probably the fact that I have a latex allergy has more effect on my day to day life than asthma does, because it means that there are specific things that I need to avoid. We used to have bedrooms full of balloons for our children's birthdays, whereas now I can't go near a balloon at all.

Leisl: Chemical wires, I can't use. Or cleaners and detergents, some set me off very badly so I avoid them. I've got into a routine of what I can buy off the shelves and what I can't.