



Speaking from Experience Young People & Asthma

Transcript for chapter 2 of 8: Triggers

Tamara – The main trigger for my asthma would be when I have a chest cold or a head cold. I guess that's to do with the whole body and they're all inter-related. Often my colds will start out as a runny nose and end up in the chest, and then my asthma flares up even more. It's hard enough to breathe when you've got a blocked nose. When you've got asthma, a blocked, and a cough, it doesn't help. So, I guess that's where my asthma flares up a bit. And, I guess that's a seasonal thing, that my colds usually happen in the winter and also I get hay fever as well. So, it can flare up with that. It can be seasonal, but it can also depend on how healthy I am at the time.

Emily – My triggers for asthma would probably be colds and viruses. So, if I get them during a season, that usually triggers my asthma as well, also dust and it can be exercise induced as well.

Zeke – I get asthma when I run, ride my bike, sometimes, and jump on the trampoline.

Ben – Sometimes when I get an allergy, it can block up my airways as well. I would have a reaction and it would make me breathe really funny as well, I'd stop breathing, and that was a bit of a worry. I'm not allergic to stuff anymore, well; I still am allergic to egg, so I just stay away from that. But dairy products are okay.

Zeke – Things that affect my asthma are my allergies, which are, peanuts, shellfish like prawns or anything like that, cat fur and dog fur, and sometimes egg.

Ben – Staying at people's houses when they've got pets, especially cats. When I stay at my friend's and they have two cats that live inside, I've had a lot of reactions overnight when I sleep. Sometimes cold air at night time, I get a reaction and sports sometimes. When I go to athletics day and I do too many events, you notice it come on, and it's hard to breathe.

Katrina – I only get asthma when I'm doing cross country or when I'm just running.

Ben – I never really have an attack on the spot. It has to be triggered by something.

Michelle – My major triggers are: change of temperature, which is a strange one; dust and smoke, the bushfires really trigger it for me and I just have to stay indoors all the time when I'm anywhere near smoke; some preservatives also set off my asthma; and pollen in Spring.

Emily – When I do have it, it sort of feels like a burden, but it's something I have to live with, I guess. It's always going to be there, so I might as well get used to it.