



American Cooling and Heating

Presents:

“LIVING WITH ASTHMA, A PDF FOR PHOENIX ARIZONA RESIDENTIAL CUSTOMERS*”

Asthma: It’s frightening, hard on the body, and more common than many people expect. It can hinder the fundamental life function of breathing. However, asthma can be managed, and it can be managed in a healthy way. Don’t let it force you to hold back on life. The tips in this article are designed to help Arizona residents press forward on a better, more enjoyable life journey in spite of the frustrations asthma can induce. Read with care. Act with responsibility and diligence. Keep yourself out of risk. And follow the advise of your doctor in all matters asthma related.

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Section I: Creating An Asthmatic Friendly Home

Having a loved one in your home that suffers from asthma creates stress on the entire family. To demand for attack readiness at any given time makes life uncomfortable and fretful. However, knowing how to create an asthmatic friendly home reduces the burden on all involved while also eliminating at least some of the attacks. Use this guide to re-organize your home. Perhaps you can prevent your asthmatic loved one from suffering so many environment-induced attacks.

1) Air filtration

In home air filtration makes a big difference in the number of asthma attacks your loved one endures. A quality filtration system will remove dust, mold, pollen and other pollutants from the air before they make their way to the lungs. According to an asthma study performed by Roy and Wisnivesky, air filtration is the fourth most implemented protection strategy, preceded only by rules against smoking and pets, and the process of washing sheets regularly in hot water (1).

2) Dusting the House

Although this tip may seem obvious, many asthmatic homes fail to perform daily dusting tasks. Examine the available dusting tools and find one that fits your budget while also effectively capturing the dust that can trigger an asthmatic attack. If you choose not to use Swiffer products, be sure that you do not dry dust the home. That will simply cause the dust to leave the surface that it is sitting on and enter the air.

3) Clean Bedding

As reported in the Roy and Wisnivesky study, regularly washing your sheets in hot water ranks as the third most often-implemented anti-asthma attack strategy. Forty-three percent of Americans practice this strategy. Clean pillows and mattresses come in fifth place, just behind air filtration. Wash and dry your household bedding at least once a week. For homes with more dust, wash twice a week.

4) Upholstery

Unless routinely cleaned and vacuumed, upholstered furniture collects and accumulates dust. To kill and eliminate dust mites, supplement the vacuuming with a quick weekly brush-over with a quality steamer. Complement the work with a twice a year application of quality upholstery cleaner.

5) Carpeting

Best considerations for an asthmatic home: Replace carpeted floors with hard surface flooring. Wood, tile or laminate look great, function well and make for easy to clean surfaces. Even with the best vacuum cleaners, home carpeting accumulates dust that will be at least partially released into the home air supply during the vacuum process. If your feet just can't do without the feel of carpet between the toes, invest in a vacuum with optimal filtration and use it three or more times per week.

6) Pets

Fun, comforting, and just plain joyful to have near, pets can make the life of asthma sufferers a life of intense misery. Better than 59 percent of U.S. asthma sufferers refuse to have pets in the home, but if you cannot bear to do without the dust mites, pollen, fur, dander and other asthmatic triggers, at least consider keeping your pet outdoors.

7) Clutter

This one is often overlooked. Yet excessive household clutter almost assures excessive accumulation of in-home dust. Dusting around clutter is difficult and time-consuming. If you can't bear to eliminate the clutter, consider enclosing it in a glass case. Dusting will still be difficult, but at least the case will help reduce the amount of dust that can hide in the mist of the items.

8) Dehumidifiers and Air Conditioning

Only 13.8 percent of Americans use dehumidifiers to help reduce asthma-inducing agents. According to the NCBI Pub Med use of a dehumidifier has no significant influence on the presents of dust mites or antigen levels within a home (2). However, in the CDC report, "You Can Control Your Asthma," mold is also a primary cause of asthma attacks (3). Removing mold from your home can help you reduce the number of attacks. To accomplish this task, the CDC report recommends that you keep the humidity level in your



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home between 35% and 50%. In hot, humid climates, this means installing a dehumidifier, an [air conditioning system](#), or both. You should also hire a plumber to ensure that your home is free of water leaks that can cause mold to grow under the floors, in the ceilings or behind the walls.

Take care of your home. An asthmatic friendly home is good for you and for your visitors. Staying on top of these things is not easy, but even the hard work helps improve your condition. And in the end, less stress assures more peace, better living and fewer worries about when the next asthma attack will rock your boat.



Section II: Effectively Managing Asthma

It's a common disease, this asthma that so often strikes the general population. Air pollutants hover in almost every environment, structure and enclosure. Without proper treatment, it is a disease that can kill. Thus control of your asthma is important beyond measure. Your environment must be managed. Your lifestyle must be managed. And your understanding of how it all works together is critical. The following tips will help you better manage asthma that so often brings about unnecessary suffering in your life.

1) A Respiratory Disorder

Asthma typically launches into the human body during a person's childhood years. The types and degrees of asthma vary, thus proper treatment requires right diagnosis and treatment instructions from a certified doctor. The general suggestions within this PDF file should not be followed in contradiction to instructions provided by your doctor. If your symptoms increase see your doctor ASAP. Right-treatment is critical to effective control of this respiratory disorder.

2) Learning The Cause

Research asthma triggers in general. Keep tabs on yourself and take note of the specific triggers to your asthma. Knowledge and awareness is the roadmap effective asthma management. Start by reading the reports from other sufferers. What triggers their asthma? Does it link to you? Look for certain pollutants, certain chemicals, and certain products that tend to trigger you into an asthmatic attack. Don't forget to keep tabs on natural triggers. And advise your doctor of any noted causes.

3) Medication

Ask your doctor to recommend or prescribe the medications he or she believes will best help your asthmatic condition. It doesn't hurt to look up more information. New medications are consistently arriving on the shelves and beneath the counters. Sometimes a doctor lags a bit behind in tracking the changes. If you spot something new ask your doctor to look into the possibilities. And above all, keep your inhaler handy at all times.

4) Asthma-Friendly Home

It's in the crank-up of this PDF. You must maintain an asthma-friendly home. To the best of your ability, get rid of the allergens, dust, smoke, and other harmful substances. Make use of air conditioning and use a dehumidifier in certain rooms to help out as well. If you don't already have central air conditioning, consider a [heat pump installation](#). That can handle the A/C needs while also reducing your yearly heating expenses. Add home features that help you control pet traffic. You don't have to give them access to every room in the house.



5) Dealing With Attacks

Know how to deal with an attack. This includes knowing when it is time to get to a hospital. Do your own research, but also make sure to discuss this issue directly with your doctor. Stay informed. Right-reactions to an asthma attack can make major differences to your style of living.



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2. NCBI Resources, PubMed, "[Dehumidifiers for Chronic Asthma](#)," Sigh M. and Jaiswal N., June, 2013
3. Centers for Disease Control and Prevention, "[You Can Control Your Asthma](#)," Asthma-Brochure v2, 09/05/06

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