



## 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.