

Can't Catch Your Breath?

Do any of the **Asthma** triggers below make you cough?



Allergens

- Tree/Grass/Weed
- Pollens
- Foods
- Molds
- Animals
- Dust Mites

About **80% of children** & **50% of adults** with asthma also have allergies.²



Irritants

- Strong Odors/Perfumes
- Paints or Varnishes
- Tobacco Smoke
- Cooking Fumes
- Dust (Coal Dust, Chalk Dust)
- Household Cleaners
- Aerosol Sprays
- Weather changes

As many as **10%** of all **Olympic athletes** have asthma.¹



Other Triggers

- Colds/Viral Infections
- Medications
- Cold Air
- Reflux Disease/Heartburn
- Vigorous Activity/Exercise
- Food Additives (sulfites)

If you answered **Yes** to one or more of the **Asthma** triggers listed above, ask your ARC doctor about your **Asthma risk**.



The ARC Advantage

