



TIPS FOR CONTROLLING ASTHMA DURING PREGNANCY

Remove or control potential precipitating factors such as:

- Tobacco smoke
- Animal allergens (dander, saliva)
- House-dust Mites, indoor mold, cockroach allergens
- Reduce indoor humidity, remove carpets from bathroom, wash bed sheets and blankets in hot water (> 130 degrees F) weekly.
- Outdoor allergens (pollen)
If you are sensitive to these allergens you should attempt to stay inside with the windows closed when the pollen count is high.
- NSAIDs (Nonsteroidal Anti-inflammatory Drugs)
If you have had episodes of bronchospasm associated with ingestion of aspirin or other NSAIDs (i.e. ibuprofen), then avoid these drugs since they could trigger an asthma attack
- Avoid beta-blockers if possible (i.e. propranolol, atenolol, labetalol) , since these drugs may also trigger an asthma attack
- Sulfites
If you have had asthma symptoms after drinking beer, wine, dried fruits, processed potatoes or shrimp you may have sulfite sensitivity.
Avoid foods containing sulfites.
- Allergic Rhinitis/Sinusitis
If you have rhinitis or sinusitis then seek treatment with intranasal corticosteroids. Antihistamines and decongestants may improve allergic rhinitis symptoms but will not improve asthma symptoms like a corticosteroid.
- Occupational exposures :
If you have worsening of symptoms during the week and improvement during the weekends, then ask to be evaluated for an occupational exposure.