

# Seasonal Asthma: Why Warm Weather Makes it Flare

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If you find that your asthma peaks in the summer, it's likely not a coincidence. Many people who suffer from seasonal asthma find that summer can be their worst time of year.

## Summer and Seasonal Asthma

The warm temperatures of summer can cause more moisture and humidity in the air, making it more difficult to breathe and creating greater oxygen needs. Higher ozone levels also common in the summer can decrease your lung function and worsen asthma symptoms.

Hot days can also encourage an increase in allergy triggers such as pollen, grass, mold, and ragweed that can irritate your already sensitive airways.

Of course you can't control the weather conditions, but you don't have to take the heat lying down, unable to breathe either. The best way to manage summer seasonal asthma is to take control of the situation with a few easy steps.

## Pay Attention

Just noticing when your asthma symptoms affect you, and what you're doing when they begin can make a big difference. Once you have this valuable information, you can then make some essential changes. For instance, if jogging outside in the afternoons causes your asthma to flare, you might postpone your run to the evenings, or else head to the gym instead.

## Check the Weather

Be sure to pay attention to weather conditions so you'll know what to expect and can plan your activities accordingly. Check the forecast and look for changes in temperature and air pressure, which can affect your lungs. Also make an effort to follow ozone alerts along with mold and pollen levels, so on days when the air might be a problem for you, you can plan to stay inside as much as you can. And if you must head outside when allergen levels are high, wash your hair and your clothes as soon as you get indoors. This will help remove any potential triggers.

## Act Preventatively

It's essential to follow your asthma action plan and always take your medications as directed. If you're finding that despite your efforts, you're dealing with an increase in your symptoms, contact your doctor. He can adjust your doses appropriately and make any other necessary changes that can help you feel better fast.

## Sources:

American Academy of Allergy, Asthma and Immunology (AAAAI)

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