



Sometimes good things give you the worst experiences. This is being said after identifying that the cold weather is arguably the most beautiful and delightful weather of the year. Yet, it becomes worse for those people who have asthma problems. Asthma is a chronic disease that affects oxygen, which gets in and out of the lungs. Asthma patients can not enjoy cold weather and need to be kept away from cold to avoid their asthma from getting worse.

Sometimes the things we enjoy can give us terrible experiences. This is true for winter weather and people who have asthma. Asthma is a chronic disease that affects airflow within the lungs. It causes the lungs to become inflamed and restrict airflow. To best prevent winter-induced asthma attacks, it's best to take precautions when going outside in the winter.

cold air causes our body to produce histamine, which causes wheezing for

those affected by asthma?

- Cold weather causes our body to produce more mucus that is stickier and thicker than normal.
- During colder months, you may be staying inside more, which can be trouble for asthma sufferers as dander, dust, and allergens lurk indoors.
- Winter season is mainly known as flu season for asthma patients. To counter this notion, as a start, you need to get a flu vaccine to get protection against asthma problems.
- If you are experiencing a lack of breathing in the cold season, you need to avoid outdoor exercises or any activities outside if it's colder than 10q.
- Get a flu shot to minimize your chances of flu complications, which can exacerbate pre-existing conditions.
- Consult with your doctor and ask him/her about a quick remedy for your sudden asthma attack.

Winter doesn't have to be a terrible season for your asthma. By taking precautions with outdoor activities, you can prevent having an asthma attack. If your symptoms do not improve or worsen, make sure you call your doctor so you can both work out a new regime.