

# THE WILLIAM STORMS ALLERGY CLINIC And The Cough Center

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[www.stormsallergy.com](http://www.stormsallergy.com)

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## Humidifiers Help

If you have asthma and the heat you use in your home is drying, make sure to take proper precautions. Dry air will irritate your airways and can result in a narrowing of your breathing passages. Unfortunately, these factors can trigger an asthma attack. Use a humidifier to add moisture to the dry air. This valuable appliance will assist in keeping your home at a more healthy humidity level. Maintain it at a setting that will provide between 30 percent to 50 percent humidity, and carefully follow all instructions about keeping the unit clean. Also, make sure that your home is insulated so that your heat does not have to be kept any higher than necessary.

When using a humidifier to control asthma, where you place it is important. Choose a spot with a reasonable distance away from drapes and furniture. Keep an eye on the dampness of the carpet or flooring near the humidifier. If these areas become too damp, it can cause bacteria and mold to grow, which may increase difficulty breathing.

Call THE WILLIAM STORMS ALLERGY CLINIC at 719-955-6000 for additional information. Our clinic is centrally located at 1625 Medical Center Point, Suite 190. With over 60 years combined experience, we are dedicated to the treatment of patients with asthma, sinus problems, nasal allergies, COPD, hives, food allergies, GI allergy, exercise-induced asthma and chronic cough as well.

P.S. If you're spending more time indoors during the cold weather, keep the furniture dust free, and vacuum carpeting more frequently.