

CONTROL THE ENVIRONMENT, CONTROL THE ASTHMA

Andrea N. Johnston, DVM, DACVIM, at Cornell stresses the importance of trying to remove as many allergens as possible from your home to prevent your cat's asthma attacks. Because this is more difficult with indoor/outdoor cats, she suggests keeping them inside to have more control over environmental triggers.

Among the steps to take:

- ◆ **Remove carpeting** or, if that's not an option, avoid carpet deodorizers.
- ◆ **Eliminate perfumes**, air fresheners, hairsprays, aerosol cleaners and, especially, cigarette smoke.
- ◆ **Change filters** in air conditioners and air purifiers often.
- ◆ **Consider a humidifier** when the air is dry.
- ◆ **Avoid dusty** or scented cat litter.