

Age: 55 years old. Possible avoidance of outdoor activities, particularly in cold or dry air. Low energy levels: Persistent fatigue affecting overall quality of life. Psychosocial Factors: Stress and anxiety acting as asthma triggers. Medications: Likely on a regimen of inhaled corticosteroids and bronchodilators. Trigger: Allergy to pets, possibly other environmental allergens. Long-term use of asthma medications (bronchodilators, corticosteroids). Anxiety and stress: Worsening asthma symptoms, potential hyperventilation. History of repeated asthma attacks