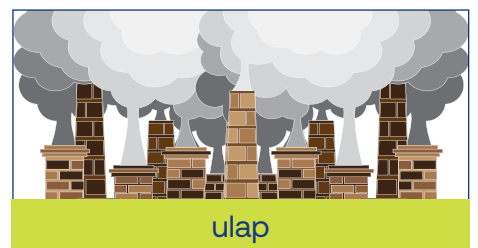
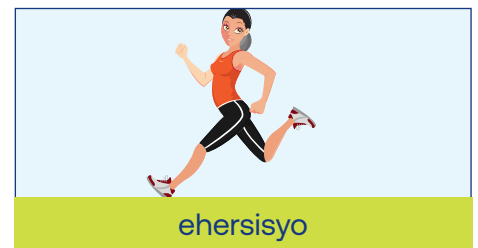
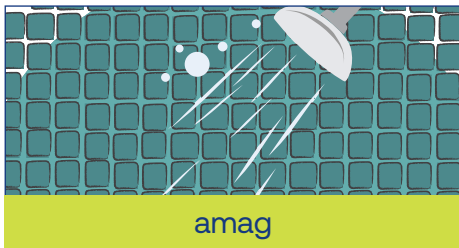
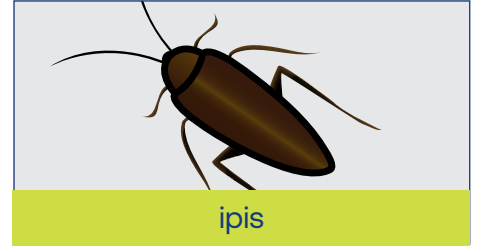


Ano ang nag-titrigger ng **IYONG** hika?



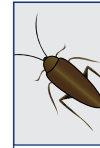
Paano mo maiiwasan ang mga pag-trigger ng **IYONG** hika?



karamdaman



mga mite



ipis



pabango



mga puno



damo



amag



mga bulaklak



paninigarilyo



mga hayop



malamig na hangin



ehersisyo



mga panlinis



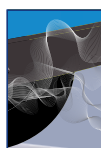
mga singaw ng pintura



panloob/panlabas
na alikabok



nasusunog na usok
na galing sa kahoy



mga usok ng sasakyan



ulap