



HOW POLLEN CAN AFFECT YOUR ASTHMA

Pollen refers to small grains that form in the male reproductive system of flowering plants. Pollen carries sperm cells into the female breeding system for fertilization purposes. A single plant can produce thousands of pollen grains. Although they look like yellow powder on the flower, when scattered in the air, they are not visible. People allergic to pollen perceive this substance as a harmful substance that provokes a very unpleasant reaction of the immune system.

The pollen season runs from January to October. Use the chart below to help become prepared for any pollen related asthma attacks.

