

The Top 20 Triggers for Irritant-Induced Chronic Cough

By Mary J. Sandage, PhD, CCC-SLP, ASHA-F

- Smoking
- Reflux (esophageal & extraesophageal)
- Postnasal drip
- Occupational exposure*
- Fumes/odors/perfume/scent/incense*
- Ambient conditions (e.g., dry air)
- Chemical exposure*
- Outdoor air pollution*
- Dust*
- Gas exposure*
- Environmental irritants & allergens*
- Inflammation of sinuses
- Farm exposure*
- Foods
- Phonation
- Indoor pollution*
- Positional considerations
- Aerosolized agents*
- Animal dander
- Thermal exposure