

# EXERCISE-INDUCED ASTHMA

## IS EXERCISE-INDUCED ASTHMA REAL?

Also known as exercise-induced bronchoconstriction (EIB), triggered by physical activity, especially during intense exercise. Yes it is real and it affects both professional athletes and active people



### SYMPTOMS

Coughing, wheezing, shortness of breath, and chest tightness usually occur during or after physical activity.

### TRIGGERS

Physical activity  
Cold or dry air and poor air quality

## TIPS AND HOW TO COPE

Wear a loosely fitting scarf over your nose  
Don't forget warm up exercises  
Check air quality before outdoor exercises  
Drink lots of water  
Listen to your body, stop and rest when you have symptoms

## PLAYING SPORTS WITH ASTHMA

- Having asthma doesn't mean you have to give up your athletic dreams.
- With proper management, medication, and guidance from your doctor, you can safely participate in sports and even achieve greatness.

## TREATMENT

- Speak to your doctor to develop an asthma action plan.
- Rescue inhalers may be needed for immediate relief
- Use bronchodilator inhaler before exercise for prevention
- Steroid inhaler may be prescribed for regular use to keep inflammation down.

## COMMON ASTHMA INHALERS

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Flovent Inhaler  
Advair Inhaler  
Breo Ellipta

# Exerciseinduced Asthma

**R.F. Coburn**



## **Exercise-induced Asthma:**

Exercise-induced Asthma Kenneth W. Rundell, Randall L. Wilber, Robert F. Lemanske, 2002 A practical guide for professionals in the medical and health communities who work on a daily basis with individuals suffering from exercise induced bronchoconstriction EIB and asthma EIA      Exercise-Induced Asthma Claude Jean M. Lenfant, E. R. McFadden, 1999-02-16 This groundbreaking reference presents the latest advances in the study of exercise as a precipitant of acute airflow limitation comprehensively updating the theories testing methodologies clinical features and treatment options for exercise induced asthma EIA Written by leading researchers in pulmonary disease and critical care medicine Exercise Induced Asthma discusses current theories on pathogenesis emphasizing new data on the relationship between vascular phenomena and bronchoconstriction explores respiratory thermal transfer and water vaporization as factors in controlling or triggering the asthma reaction sequence evaluates the efficacy and potential interactions of pharmacologic compounds such as  $\beta_2$  adrenergic agonists cromolyn sodium histamine receptor 1 antagonists nonsteroidal anti inflammatory drugs NSAIDs heparin and others contrasts pharmacologic and nonpharmacologic management schemes emphasizing the role of climate and type intensity and duration of exercise reviews exercise testing as a method of diagnosing airway hyperreactivity details the effects of pollutants such as sulfur dioxide ozone and particulate matter on the asthmatic diathesis compares natural salutary mechanisms such as release of inhibitory prostaglandins with use of medications such as  $\beta_2$  agonist bronchodilators and more      Exercise-Induced Asthma and Sports in Asthma Kai-Hakon Carlsen, Thomas B. Ibsen, 1999-05-12

**Diagnosis, Prevention and Treatment of Exercise-Related Asthma, Respiratory and Allergic Disorders in Sports** K-H. Carlsen, L. Delgado, S. Del Giacco, 2005-11-01 Asthma and allergy represent increasing problems for the actively competing athlete The prevalence of exercise induced asthma EIA has increased over the last two decades especially amongst elite endurance athletes it has been reported that high level endurance training in particular may increase bronchial hyperresponsiveness BHR and cause inflammation in the airways Intensive endurance training and competition together with environmental influences are thought to be causative factors For winter sports inhaled cold air represents such an environmental factor moreover exposure of cold air      **Clinical Exercise Testing** Idelle M. Weisman, R. Jorge Zeballos, 2002-01-01 In the last several years Clinical Exercise Testing has become an increasingly important tool for patient evaluation in clinical medicine due to a growing awareness of the limitations of traditional resting cardiopulmonary measurements Emphasizing scientific and technological advances and focusing on clinical applications for patient diagnosis and management this volume provides a comprehensive interdisciplinary review of clinical exercise testing concentrating on Cardiopulmonary Exercise Testing CPET 25 reader friendly chapters discuss important topics including the physiologic responses to exercise in normal subjects in the aged and in various disease states the set up of an exercise lab the methodology and protocols used for clinical exercise testing and an integrative approach to the interpretation of CPET results CPET in heart failure

deconditioning COPD ILD pulmonary vascular disease neuromuscular disease and asthma is thoroughly discussed Clinical applications including pulmonary and cardiac rehabilitation heart and lung transplantation evaluation unexplained exertional dyspnea assessment evaluation for lung resection and lung volume reduction surgery and impairment disability evaluation are also covered in detail Additional chapters on clinical exercise testing in children during pregnancy and the postpartum and in other systemic disorders complete this extensive publication Written by well respected experts this volume will be a valuable resource for a wide audience including pulmonologists cardiologists pediatricians exercise physiologists rehabilitation specialists nurse clinician specialists and respiratory therapists

**Exercise-Induced Bronchoconstriction, An Issue of Immunology and Allergy Clinics** Sandra Anderson, 2013-08-28 Guest edited by Sandra Anderson this issue of Immunology and Allergy Clinics covers all aspects of exercise induced bronchospasm including treatment through

pharmacologic agents patient assessments and biomarkers **Exercise Testing and Exercise Prescription for Special Cases** James S. Skinner, 2005 This text discusses how theoretical and applied aspects of exercise testing and exercise prescription must be modified due to the restrictions and or limitations created by a specific health state Topics covered include general principles of exercise testing and exercise prescription discussion of the importance of such general factors as age gender and environment specific health states general treatment risk factors how it may affect and be affected by exercise how to modify exercise testing procedures how to prescribe exercise and the effects from exercise programs

Physical Fitness/sports Medicine ,1980 Consists of citations selected from those contained in the National Library of Medicine s Medical Literature Analysis and Retrieval System *Oxford Textbook of Children's Sport and Exercise Medicine* Neil Armstrong, Willem Van Mechelen, 2023 The 4th edition of the Oxford Textbook of Children s Sport and Exercise Medicine is the definitive single volume reference in the field presented in four sections Exercise Science Exercise Medicine Sport Science and Sport Medicine *Airway Smooth Muscle in Health and Disease* R.F. Coburn, 2012-12-06 I organized this book because there is a need to put together in book form recent advances in our knowledge of how airway smooth muscle works in health and in disease After a period when it seemed that progress was very slow there has been in the past few years an incredibly rapid gathering of knowledge in this area In particular our understanding has improved regarding the cascades of events that follow the initial binding of agonist to plasma membrane receptors and that lead to the cross bridge movements that determine contraction This advance in our knowledge was stimulated by use of single and whole cell channel recordings of plasma membrane currents and by description of the I<sub>3</sub> receptor GTP binding protein adenylate cyclase cAMP coupling system which serves as a model for other coupling mechanisms The discovery of the receptor activated inositol phospholipid transduction system has greatly stimulated research and led to advances in our understanding of mechanisms involved in smooth muscle contraction Major advances were also triggered by the development of indicators for measuring free cytosolic calcium concentration and starting the unraveling of 2 the events involved in Ca dependent activation of contractile

proteins. Although most of the studies that led to our current understanding of these areas were performed on nonairway smooth muscle, these studies usually add to our understanding of airway smooth muscle and there is an enlarging body of data that have been obtained on airway smooth muscle. Highlights in Asthmology F.B. Michel, J. Bousquet, P. Godard, 2012-12-06. F.B. Michel. Asthmology is the neologism I suggested for ideas which were acceptable at the beginning of the title of a book published in 1981 on the ending of the 20th century and in particular bronchial asthma. 4.5 to Pasteur's concept of one cause, one illness, many syndromes like high blood pressure or asthma are the result of the publications on this subject. It is one of the overlapping of hereditary factors and a few suggestions that I have the weakness to require factors. This is one reason why asthma feels somewhat proud of. In fact, this word has had the career I hoped it would and may not really be an illness in the real sense, judging by the frequency with which it is used, but a clinical and functional respiratory syndrome. I used it in both written and spoken language; it did answer a need I had. No intention of the innate terrain transmitted by suggesting one more neologism, but its heredity can possibly concern two factors. It seemed to me that the word asthmology. The bronchial hyperreactivity factor BHR had an element of novelty and above all is often present in early childhood and its production of the necessary awareness of the reality is a result of the studies of large need to bring together within a kind of groups of homo and heterozygotic twins. The 5 Minute Sports Medicine Consult Mark D. Bracker, 2001. This new addition to The 5 Minute Consult Series is a clinically oriented quick consult reference for sports medicine. For the first time, common sports-related problems faced by primary care practitioners are thoroughly and concisely presented in the famous fast access 5 Minute Consult format. Chapters on musculoskeletal problems cover basics, diagnosis, acute treatment, including on-field management, long-term treatment, including rehabilitation and referrals, and commonly asked questions. Other chapters address the special populations of children, adolescents, females, geriatric athletes, and disabled athletes and general medical problems in athletic individuals. Appendices include clinical care algorithms, a guide to the preparticipation examination, and patient education handouts. Middleton's Allergy: Principles and Practice E-Book N. Franklin Adkinson Jr., 2008-11-27. This best-selling resource has a worldwide reputation as the leader in its field. Focusing on human immunology and biology while also reporting on scientific experimentation and advancement, it provides comprehensive coverage of state-of-the-art basic science as well as authoritative guidance on the practical aspects of day-to-day diagnosis and management. This new edition includes 700 full-color illustrations and a new, more accessible format to make finding information a snap for the busy practitioner. And this Expert Consult Edition offers online access to the complete contents of the 2-volume set, fully searchable and much more. Includes a glossary of allergy and immunology for quick and easy reference. Contains key points and clinical pearls highlighted to find important information quickly. Links to useful online resources both for you and for your patients. Offers contributions from hundreds of international authorities for world-class expertise in overcoming any clinical challenge. Contains 400 new illustrations, 700 in all, to better illustrate

complex immunology Covers the very latest in the field including hot topics such as food allergy and immunotherapy Includes the latest guidelines from The National Asthma Education and Prevention Program NAEPP Utilizes a new more user friendly full color format for easier reference Includes online access to the entire contents of the book fully searchable with links to MEDLINE abstracts for all of the references     *Asthma and Rhinitis* William W. Busse, Stephen T. Holgate, 2008-04-30 The second edition of this highly acclaimed text has been extensively revised and greatly expanded to reflect the considerable advances made in our understanding of the mechanisms of asthma and rhinitis Containing the contributions of 242 experts of international standing presented in 133 chapters *Asthma and Rhinitis* provides an up to date authoritative reference for both the clinician and scientist The global approach given in this book mirrors the universal approach to the understanding of allergic disease The editors have carried out a thorough and radical revision of the content by adding 6 new sections and 44 new chapters Most of this expansion is due to greatly increased coverage of the clinical aspects of asthma with new sections on childhood asthma and on drug treatment each drug class has its own chapter Also the expansion of research into the genetic basis of asthma has necessitated a whole new section on Genetics comprising some six chapters There are also new chapters on adult onset asthma and the relationship of asthma to sinusitis A new section on Asthma in Special Circumstances includes chapters on asthma in pregnancy asthma and surgery asthma in the elderly and asthma in the context of critical care In bringing the Second Edition fully up to date the book has inevitably increased in size and is now presented in two volumes The second edition of *Asthma and Rhinitis* will continue the tradition of its predecessor of providing an up to the minute reference for all those involved in the management of and research into asthma and rhinitis     Cumulated Index Medicus ,1991     Clinical Sports Medicine Walter R. Frontera, 2007-01-01 Accompanying CD ROM contains convenient electronic access to the text s illustrations downloadable for use in presentations as well as diagnosis specific office handouts that can be given to patients who want to know more about their conditions P 4 of cover     *Kendig and Wilmott's Disorders of the Respiratory Tract in Children - E-Book* Andrew Bush, Robin R Deterding, Albert Li, Felix Ratjen, Peter Sly, Heather Zar, Robert W. Wilmott, 2023-08-21 Extensively revised from cover to cover Kendig and Wilmott s Disorders of the Respiratory Tract in Children 10th Edition continues to be your 1 choice for reliable up to date information on all aspects of pediatric respiratory disorders This highly respected reference is accessible to specialists and primary care providers alike with coverage of both common and less common respiratory problems found in the newborn and child Detailed and thorough this edition covers basic science and its relevance to today s clinical issues as well as treatment management and outcomes information making it an ideal resource for day to day practice as well as certification or recertification review and other professional examinations such as pHERMES Offers an international perspective on the whole spectrum of the specialty including a robust video library with demonstrations of key procedures and bronchoscopic views Uses a consistent format with succinct bulleted text and contains abundant tables and figures chapter summaries and more than 500 full color images

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Late Phase Allergic Reactions Walter Dorsch,1990-08-27 This important publication presents new information regarding Late Phase Allergic or Inflammatory Reactions LPR It includes present knowledge on the pathogenesis of LPR in human skin nose bronchi and other organ systems The book discusses the roles of antibodies mediators and cells as well as animal models of LPR It describes the importance of LPR in the pathogenesis of chronic disease and the possibilities of their pharmacological modulation The authors discuss clinical conclusions to be drawn from the observation of LPR such as continuous treatment and immunotherapy This volume is a useful reference for scientists and clinicians wishing to understand more about the problems of their allergic patients

Rowing News ,1997-05-11 Living with Sports Injuries Clifford D. Stark,Elizabeth Shimer Bowers,2010 Each year approximately 30 million students participate in organized sports in the United States and an estimated 20 percent experience sports related injuries

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