



## Let's Talk Running... Exercise-Induced Asthma

### **"Don't get out of breath...some helpful tips to control exercise-induced asthma."**

Exercise-induced asthma (EIA) can affect any individual from beginner to Olympic athletes. This disorder is more commonly associated with endurance athletes. During the 1988 Olympics, of the 597 U.S. Team members, 67 athletes with symptoms of EIA were responsible for winning 41 Olympic medals, including 15 golds and 21 silvers. This demonstrates that with proper medication and management, athletes can participate at the highest level without their performance suffering.

Exercise-induced asthma is a respiratory disorder characterized by recurring episodes of shortness of breath, wheezing on expiration/inspiration, coughing, chest tightness, fatigue during exercise, or productive mucous secretions. Symptoms can vary in degree and can become more severe with rapid, shallow breathing, difficulty breathing, wheezing, chest tightness, and coughing.

Most people with asthma have symptoms when exercising, especially if the air is cold and dry. Severe reactions are called exercise-induced bronchospasms (EIB), which is an actual reduction in pulmonary (lung) function as it relates to flow rate.

Exercise-induced asthma can be controlled with prophylactic use of aerosol or oral bronchodilators, beta-adrenergic drugs, or short-term use of corticosteroids. It is important that a physician is consulted before using any form of drug or inhalant. Other preventative methods include appropriate warm-up; the use of a mask or muffler to warm inspired air in cold, dry climates; and the avoidance of exercise when environmental pollutants are present at elevated levels.

Good luck with your training and we'll see you at the finish line!

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