

## Exercise Induced Asthma (EIA) Exercise Induces Bronchospasm

Exercise induced asthma is a form of asthma that some people have during or after exercise. Symptoms include coughing, chest tightness, difficulty breathing, wheezing, shortness of breath, fatigue and/or reduced athletic performance.

### What Can You Do?

- Talk to your doctor about your symptoms to confirm the diagnosis.
- Talk with your doctor to see if medication would be helpful.
- Warm up prior to exercising; start slowly for the first 10 to 15 minutes.
- Cool down after exercising. Consider stretching or slow walking.
- Change the type of exercise/activity you do when the weather is cold or smoggy.
  - Exercise indoors.
  - Breathe in through your nose to help warm and moisten the air before it goes to the lungs.
  - Wear a scarf or mask over your mouth and nose. This may help warm and moisten the air you breathe in.
- Choose activities less likely to cause EIA such as:

For most patients, EIA can be successfully treated with short-acting inhaled medications taken prior to exercise.

Participating in sports that require continuous activity, such as basketball, soccer, field hockey or long distance running, are more likely to cause EIA. But, with appropriate medical treatment and training many asthmatics excel in these activities.

- Swimming
- Walking and hiking
- Team sports that require short bursts of energy like baseball, football, wrestling, golf, gymnastics or surfing.

- Limit your exercise/activity when sick.
- Exercise indoors when the air-pollution levels are high or the pollen count is high.

For more asthma resources visit [pamf.org/asthma](http://pamf.org/asthma)