

Dr. Colin Gage * Dr. Duane Drobot

Nicola Valley Chiropractic
1949 Quilchena Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Exercise Induced Asthma

Have you ever gone jogging or exercised with someone who had an attack of asthma during or after his or her activity? In some people, vigorous exercise can trigger the onset of asthma.

In an asthmatic patient, the airways in their lungs become smaller and they have difficulty breathing. The symptoms of asthma, as mentioned in the journal "Postgraduate Medicine", include wheezing, a tight feeling in the chest, coughing, and trouble taking deep breaths. These symptoms may arise during or a few minutes after exercising. Some athletes only cough and do not wheeze after exercising and; therefore, do not know that they have asthma. Children will often not tell their parents about their breathing problems and instead will avoid physical activity since they can't compete with their friends.

"Postgraduate Medicine" mentions that hard breathing through the mouth for long periods, breathing in cold/dry air, and breathing in allergens (such as pollution, pollen, or dust) can trigger an asthma attack. In winter, some activities such as skiing, running, and bicycling tend to cause problems. In summer, exercising outdoors, where pollen and other allergens are abundant, will often create problems. Sports that involve stop and go activity, such as baseball, often cause very few problems. Indoor water sports or working out in a gym also rarely cause problems, due to the fact that the air is warm and moist. It seems to be beneficial to do warm up exercises before starting any vigorous sports and wear a facemask when exercising in the cold weather to help warm the air before it enters the lungs. Also, when able to, breathe through the nose as much as possible, which will again warm the air before it enters the lungs.

If taking these precautions do not work for you, or if your asthma attacks are severe, see your doctor for advice.