



CONTROLLING EXERCISE INDUCED ASTHMA: TIPS FOR TEENS

- ▶ Until recently, it was believed people with EIA (Exercise Induced Asthma) shouldn't exercise
- ▶ 80-90% of asthmatics will experience EIA at sometime when exercising
- ▶ EIA may be a major asthma trigger for some teens and young adults
- ▶ Improved medications, control plans and teamwork of patients and their doctors mean people with EIA can participate in sports and exercise on all levels
- ▶ **Some signs of EIA** (during or just after exercise) include: tightness in the chest, accelerated heart rate, wheezing, coughing, shortness of breath

HOW TO MANAGE EXERCISE INDUCED ASTHMA (EIA)

- ▶ Your healthcare provider is your best friend. Properly diagnose your condition and develop a personal asthma management plan tailored to your needs and exercise preferences
- ▶ Use your medications appropriately. Follow the plan you and the doctor develop. This could mean pre-medicating 15-20 minutes before exercise. Speak to your doctor WHEN you develop a plan to understand what to do if you have asthma symptoms during or shortly after exercise
- ▶ Select the sport or exercise that works for you. Choose one that is appropriate for you and your management plan. Many doctors feel all exercise or sports activities can work for most asthmatics if you follow a proper management plan; however there are some sports or exercises that have a greater tendency to cause EIA.

PHYSICAL ACTIVITIES THAT ARE MORE LIKELY TO TRIGGER EIA

Include activities that force your lungs to work hard over a long period of time or those that expose your lungs to cold, dry air:

Running/Track
Soccer
Ice Hockey

Bicycling
Basketball
Ice Skating

Rollerblading
Skiing

PHYSICAL ACTIVITIES LESS LIKELY TO TRIGGER EIA

Require shorter bursts of energetic breathing and include:

Baseball
Gymnastics
Volleyball

Football
Swimming
Climbing Stairs

Doubles Tennis
Walking
Martial Arts

- ▶ **When and where you exercise will affect EIA.** Modify or reduce the level of activity or change locations if: there is a high pollen count; if you're near exhaust from cars; you're in cold wintertime air; you're near strong chemical odors like paints or solvents; you're near cigarette smoke; air pollution (ozone level) is in the orange or red zone; there is heavy wind; you're not in the "green" zone of your peak flow meter reading

BEFORE STARTING AN EXERCISE ACTIVITY, HAVE A PLAN AND STICK TO IT

- ▶ Check your peak flow reading – Green is a "go"
- ▶ Do warm up exercises before vigorous activity
- ▶ Check the pollen count – if high, stay indoors to exercise
- ▶ If the air is cold and dry, wear a mask or cover your nose and mouth with a scarf
- ▶ Drink plenty of fluids
- ▶ If you start exercising and feel signs of asthma trouble, stop and follow your doctor's instructions
- ▶ Always include a cool-down period as part of your exercise routine

The information provided is for reference only and is not a substitute for professional medical care.