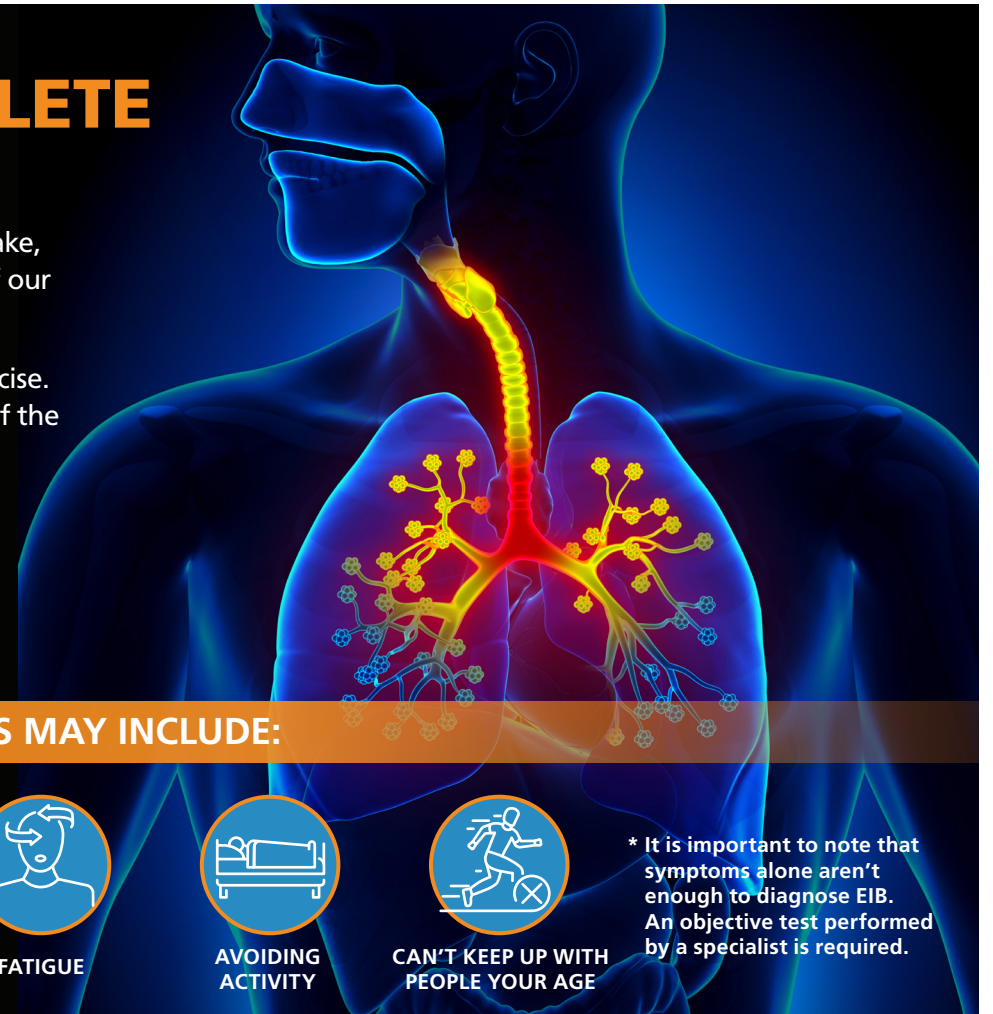


ASTHMA AND THE ATHLETE

Breathing is an essential yet overlooked aspect of athletic performance. Our bodies rely on breathing to enable both a steady stream of oxygen intake, as well as a consistent offloading of carbon dioxide that forms as a result of our exertion during performance.

Asthma can create difficulties in breathing, particularly during or after exercise. This is caused by Exercise-Induced Bronchospasm (EIB), where constriction of the breathing tubes occurs during exercise and makes breathing more difficult.

EIB impacts up to 80 percent of those with asthma, and may also impact up to 20 percent of people without asthma. As an athlete you may be more susceptible to EIB, and environmental factors like humidity, air quality and pollen counts can also impact systems.



EXERCISE-INDUCED BRONCHOSPASM (EIB) SYMPTOMS MAY INCLUDE:



WHEEZING



COUGHING



SHORTNESS OF BREATH



CHEST TIGHTNESS



FATIGUE



AVOIDING ACTIVITY



CAN'T KEEP UP WITH PEOPLE YOUR AGE

* It is important to note that symptoms alone aren't enough to diagnose EIB. An objective test performed by a specialist is required.

TIPS TO HELP PREVENT EIB AND IMPROVE BREATHING DURING EXERCISE

✓ Warm-up for 5 to 10 minutes and then rest a few minutes before beginning to exercise.

✓ During exercise, inhale through your nose and exhale through pursed lips for twice as long as you inhale. This also helps warm inhaled air.

✓ Take belly breaths: Inhale deeply through your nose and feel your belly expand. This helps utilize the diaphragm, the musculature primarily responsible for breathing.

✓ When air quality is poor, limit the time you exercise outdoors or consider exercising indoors.

HOW PROVIDENCE CAN HELP

Providence Sports Medicine offers 7-day-a-week access to sports medicine experts who can help you. Schedule an appointment by calling **503-29-SPORT**.

To learn more about Providence Sports Medicine, visit ProvidenceOregon.org/sportsmedicine

