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## Exercise Induced Asthma (EIA)

If you have exercise-induced asthma, you may experience difficulty within 5-20 minutes after exertion begins. Symptoms of exercise-induced asthma may include chest tightness, wheezing, coughing, shoulder or neck pain or difficulty breathing. Attacks are sudden in onset, short in duration and are usually self-limiting. EIA is common in people with chronic asthma but is also seen in individuals who do not otherwise have asthma.

Triggers of EIA include:

- Breathing cool, dry air through your mouth
- Air pollutants
- Allergy triggers
- Respiratory infections, illness

Tips:

- Carry your emergency inhaler at all times
- Premedicate with your quick acting bronchodilator 5-30 minutes prior to exercise.
- Follow a regular regimen of warming up and cooling down to minimize symptoms
- Avoid cold dry air, which may trigger symptoms
- Avoid outdoor exercise if you are allergic to pollens and molds when counts are high
- Ask your Dr. about other medications to add to your regimen prior to the season
- Adjust exercise during illness
- Participate at your own level of ability **KNOW YOUR LIMITS!!!!**
- Stop what you are doing if an asthma attack develops
- Tell friends, coaches and teammates what to do in case of an attack
- Know and avoid your triggers (allergens, pollutants)
- Carry your peak flow meter
- Participate in a conditioning program
- Cover your mouth and nose with a scarf during cold or windy weather
- Discuss with your doctor which sports and activities are appropriate for you

EIA should not prevent you from living a normal life. You should be able to participate in games and sports and should not hesitate to use your premedication before exertion. You may use your medication as often as two or three times daily, if that is what it takes to make participation in athletic and recreational activities possible.