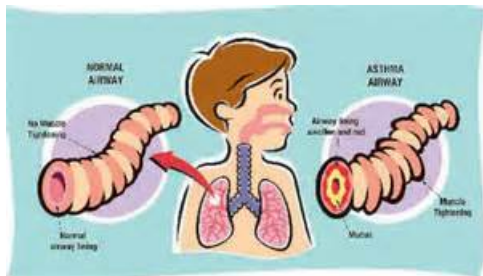




Asthma is a condition where air can not get into your lungs and you have trouble breathing.

Causes:

- ◆ Exercises: cold, humid air
- ◆ Environment: smog, bad weather
- ◆ Allergens: pets, dust, tobacco, smoke, mold



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New Trier Township High School

*TO COMMIT MINDS TO INQUIRY, HEARTS
TO COMPASSION, AND LIVES TO THE
SERVICE OF HUMANITY*

ASTHMA AND ATHLETICS



TEL: 847.784.2297

Treatment for Asthma:

Many possible ways for doctors to help manage your symptoms.

◆ INHALERS

- ◆ Inhale asthma medicine quickly



◆ MEDICATIONS

- ◆ Pills that are taken daily to help avoid attacks



◆ NEBULIZERS

- ◆ Medicated Mist

Exercised Induced Asthma in Sports

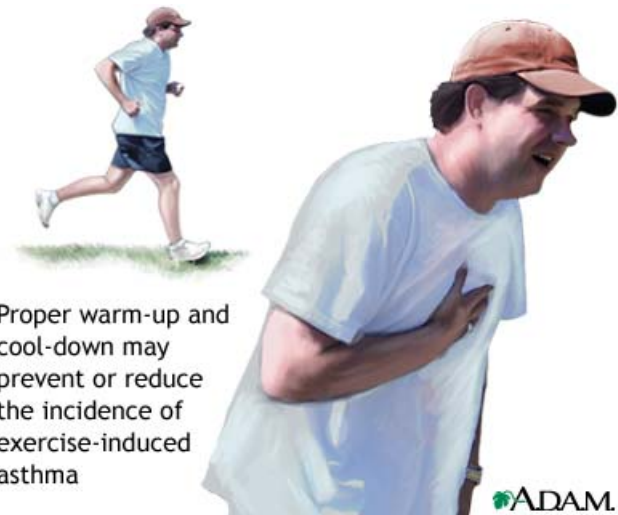
Exercised Induced Asthma (EIA) is caused by intense breathing during exercise that result in evaporative water loss from the lungs. This loss of water vapor cools the breathing tubes, provoking bronchospasms and therefore asthmatic symptoms.

Symptoms often last a short time or may resolve without treatment:

- ◆ Shortness of breath
- ◆ Chest tightness
- ◆ Wheezing and/or coughing
- ◆ Numbness in hands, fingers, or legs

Please contact an Athletic Trainer if you are having difficulty managing your asthma or breathing difficulties.

Proper technique for using an inhaler is to have some space between the inhaler and your mouth. As you depress the inhaler take a deep breath simultaneously.



Proper warm-up and cool-down may prevent or reduce the incidence of exercise-induced asthma

