

# VCD-EILO VS. ASTHMA

Understand the difference between Vocal Cord Dysfunction-Exercise Induced Laryngeal Obstruction and Asthma

## VCD-EILO SYMPTOMS

BREATHING SOUNDS  
HIGH PITCHED, GRATING

STRUGGLE WITH INHALATION

TIGHTNESS IN THE THROAT

 RAPID ONSET,  
RAPID RECOVERY

## ASTHMA SYMPTOMS

BREATHING SOUNDS  
LIKE WHEEZING

STRUGGLE WITH EXHALATION

TIGHTNESS IN THE CHEST

 GRADUAL ONSET,  
GRADUAL RECOVERY

## TREATMENT OPTIONS

- See a speech language pathologist
- Adjust breathing from mouth breathing to nasal or shared breathing
- Practice diaphragmatic breathing and relaxation exercise
- Practice breathing-recovery exercises to stop attack from turning into full episode

## TREATMENT OPTIONS

- See a physician, allergist or immunologist
- Take medication – such as an inhaler or pills – as prescribed
- Learn what your triggers are – exercise, dirty air, allergies, etc. – and avoid them
- Know the early signs of an attack and stop exercising before symptoms progress