

What does a specialist offer?

The Oregon Clinic offers a dedicated team of pulmonologists, otolaryngologists, and a specialty trained asthma educator physician assistant to provide evidence-based, individualized asthma care.

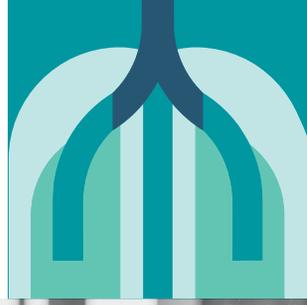
We offer testing to diagnose Exercise-Induced Bronchospasms and can help your primary care provider evaluate other causes of shortness of breath if you are not responding to standard treatment.

ASTHMA CENTER
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THE
OREGON CLINIC
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The Oregon Clinic Asthma Center
**EXERCISING
WITH ASTHMA**

Specialty Medicine,
Exceptional Care

Exercising with Asthma

WHAT ARE EXERCISE-INDUCED BRONCHOSPASMS?

As an asthmatic, you may notice that you have difficulty breathing during or after exercise.

The symptoms you experience are caused by constriction of the breathing tubes and are referred to as an Exercise-Induced Bronchospasm (EIB).

EIB is estimated to occur in 80 percent of asthmatics and up to 20 percent of people without asthma.

Athletes appear to be more susceptible than other asthmatics.

Additionally, environmental factors such as humidity, temperature, air quality and pollen counts also can have an effect.

What are the symptoms of EIB?

Breathing symptoms can be mild or severe and commonly include:

- Wheezing
- Coughing
- Shortness of breath
- Chest tightness
- Tiredness
- Avoiding activity
- Not being able to keep up with people your age

How is EIB diagnosed?

Eucapnic voluntary hyperventilation (EVH) is the recommended test for diagnosing EIB.

A 10 percent drop in airflow during or immediately following the test is considered positive and indicates that you have EIB.

There are conditions with symptoms similar to EIB such as vocal cord dysfunction, acid reflux or heart problems. If your EVH test is negative, talk to your provider.

How do I know if my asthma is controlled?

Your asthma is controlled if you are able to go to school, work, play and sleep with minimal asthma symptoms. Other indicators include the following:

- Using rescue medicine \leq 2 times per week during the day. Taking medications prior to exercise does not count.
- Using rescue medicine \leq 2 times per month during the night.
- Peak flow is greater than 80 percent of your personal best reading.

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& in up to **20%** of people without asthma

What can I do to prevent EIB?

- Talk to your provider about medications for preventing EIB during exercise.
- Warm-up for 5-10 minutes then rest for 5 minutes before exercise.

If you have difficulty exercising in the cold:

- Breathe through your nose when possible during exercise. The nose warms the air before it reaches the lungs.
- Wear a scarf or mask over your nose and mouth to help warm the air.
- Consider exercising indoors.

If the air quality is poor:

- Consider exercising indoors or limiting the length of time you exercise outdoors.

Can I exercise if I have asthma?

If your asthma is not under control or you are in the yellow zone of your asthma action plan at rest, you should not exercise.

Exercise can make your symptoms worse. If your asthma is not controlled, follow your asthma action plan for treatment or see a provider for an evaluation.

Sports with the highest rate of EIB:



Do I need to see a specialist?

Consider seeing a specialist if you have any of the following symptoms:

- You have persistent breathing problems despite warming-up and preventive medications.
- You are unable to reach your exercise goals due to your breathing.
- You are a competitive athlete and require documentation for use of bronchodilators during competition.
- You desire formal testing or more education about EIB.

Ready to schedule a consultation?
Give us a call or visit us online

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Our office is easily accessible
with free parking & public
transportation access.