

## Information on Exercise Induced Asthma (EIA) The asthma – exercise connection.

Some people develop asthma symptoms (coughing, wheezing, shortness of breath, tightness in chest) only when they exercise. This is termed EIA (exercise induced asthma).

### **What happens in EIA?**

It is thought that the intense breathing that takes place during exercise causes water loss from the lungs, which cools the lungs' moist lining. This drop in temperature; coupled with cold, dry air, begins a process that results in constriction of the muscles around the airways and inflammation within the airways. The most common trigger is cool, dry air and exercise.

**Other triggers:** cigarette smoke, dust, pollen, mold, viral infections.

**Recommended treatment:** Specialists insist that children with EIA exercise and participate in sports; provided they take medication first to head off attacks. This is called **pre-treating**. Using an inhaler (bronchodilator) 10-15 min. **before exertion** will prevent 90-95% of attacks typically seen with EIA. In severe cases some children may need daily oral medication along with pre-treating.