



Your partners
in asthma management

EXERCISE INDUCED ASTHMA

Exercise Induced Bronchospasm

Exercise induced asthma (EIA) is a form of asthma that some people have during or after exercise. Symptoms include coughing, wheezing, chest tightness, shortness of breath, difficulty breathing, fatigue and/or reduced athletic performance.

For most patients, EIA can be successfully treated with short-acting rescue/relief medication taken prior to exercise.

What can you do?

- Talk to your provider about your symptoms to confirm the diagnosis.
- Talk with your provider to see if medication would be helpful.
- Warm up prior to exercising; start slowly for the first 10-15 minutes.
- Cool down after exercising. Consider stretching or slow walking.
- Change the type of exercise/activity you do when the weather is cold or smoggy.
- Exercise indoors.
- In cold weather breathe in through your nose to help warm and moisten the air before it goes into the lungs and/or wear a scarf or mask over your mouth and nose. This will help warm and moisten the air you breathe.
- Limit your exercise/activity when sick.
- Exercise indoors when the air-pollution levels are high or the pollen count is high.

