



Exercise doesn't have to leave you  
**breathless.**

## Exercise Induced Bronchoconstriction/Exercise Induced Asthma

Exercise is a common cause of asthma symptoms. When exercise triggers the narrowing of the airways in the lungs, it is called Exercise Induced Bronchoconstriction (EIB) or Exercise Induced Asthma (EIA).

For teenagers and young adults, EIB is the most common cause of asthma symptoms, which include cough (in some cases, it's the only symptom), shortness of breath, chest tightness and wheezing.

When you exercise, you breathe faster and inhale through your mouth, causing the air to be cooler and dryer because you are bypassing the nose. Symptoms can occur at any time during exercise, but most happen within the first 10 to 15 minutes of a prolonged exercise session. They will usually resolve in an hour with rest alone.

However, there are many medications that can help you not be left on the sidelines. Based on your diagnosis, doctors might prescribe a short-acting bronchodilator that can be used 10 to 15 minutes before you exercise to help prevent symptoms.

Asthma should never be an excuse to avoid exercise. Follow these tips to help you start moving while managing your symptoms:

- Always use your pre-exercise inhaled drugs (with a spacer) before you exercise.
- Warm up and cool down before and after exercise.
- If the weather is cold, exercise indoors or wear a cold-weather mask over your nose and mouth.
- Avoid exercising outside when the pollen and pollution counts are high.
- Exercise at a level you can tolerate. Don't push if you have EIB.

With a proper diagnosis and careful management, you should be able to enjoy all sorts of physical activities relatively wheeze free.



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