Exercise Induced Asthma

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Symptoms

- Coughing
- Wheezing
- Shortness of Breath
- Chest tightness or pain
- Fatigue during exercise
- Poor athletic performance

Causes

- Cold, dry air
- Pollution (“ozone days”)
- High pollen counts
- Having a “cold”
- Strong odors
What is REALLY happening?

Risk Factors

- Having underlying asthma
- Having allergies or hay fever
- Having a relative with asthma
- Exposure to second hand smoke
- Being overweight

What else could it be?

- Deconditioning
- Vocal Cord Dysfunction

Cook Children's
Treatment

• Prevention

Treatment

• Prevention
  • Inhaled steroids

Treatment

• Prevention
  • Inhaled steroids
  • Short acting bronchodilators
Treatment

- Prevention
  - Inhaled steroids
  - Short acting bronchodilators
  - Leukotriene modifiers

- Rescue
Treatment

- Prevention
  - Inhaled steroids
  - Short acting bronchodilators
  - Leukotriene modifiers
  - Combination inhaled steroids and long-acting bronchodilators
- Rescue
  - Inhaler
  - Nebulizer

Inhaler Technique

- YouTube - 3D Medical Animation Inhaler

Questions?