

Exercise Induced Asthma

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Exercise Induced Asthma

Exercise limitation is one of the more common results of asthma. This can result in part from a persisting obstruction to airways at the time exercise is attempted. More commonly, however, the involuntary muscle surrounding the airway is triggered to contract by the deep breathing during exercise. This is commonly termed exercised-induced bronchospasm.

If asthma is otherwise not troublesome or is well controlled with maintenance medication and pulmonary function is normal or near normal before exercise, the airway obstruction triggered by exercise is reliably and easily prevented with an inhaled bronchodilator. At least two inhalations of one of the modern generation of inhaled bronchodilators used with proper technique should effectively block this asthmatic airway response to exercise for at least 2 hours. Sometimes cromolyn (Intal) or nedocromil (Tilade) is used for this purpose also but the effect is less consistent.

With prophylactic use of the inhaled bronchodilator, asthmatics can generally take part in all physical activity, including competitive athletics, without limitations imposed by the asthma. In fact, physical exercise is encouraged for asthmatics because physical conditioning itself decreases the patient's susceptibility to exercise-induced asthma.

5 Star!

Dr Richard Mayse
& all the staff are
exceptional!

— *Janice Raver*

TRAAC Staff

The staff at Texas Regional Asthma and Allergy Center are standing by to help you! If you have questions, need to set appointments or any other service related items, call today!

Contact Traac

If you have questions or comments, please contact us directly! We welcome your suggestions and hope to make your experience the best it can be!

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