

exercise-induced asthma



Exercise-induced asthma (EIA) causes symptoms such as coughing, wheezing, chest tightness, or shortness of breath. Children with EIA may experience difficulty breathing five to 20 minutes after exertion begins. EIA may occur more easily on cold, dry days than on warm, humid days.

Without proper diagnosis and management, EIA may cause children to avoid physical activity altogether, but this does not have to be the case! Almost all people with EIA should be able to exercise to their full ability with appropriate diagnosis and treatment.

Sports that are *less* likely to trigger EIA:

- Walking
- Leisure biking
- Hiking
- Team sports that require short bursts of energy, such as:
 - Baseball
 - Football
 - Wrestling
 - Golf
 - Gymnastics

Sports that require continuous activity or are cold weather activities are *more* likely to trigger EIA:

- Soccer
- Long-distance running
- Basketball
- Cross-country skiing
- Field hockey
- Hockey

Make sure your child's physical education teacher and/or coach has specific written instructions (such as an Asthma Action Plan) that include:

- Medications used to prevent EIA and how to use them
- Other techniques to prevent EIA (e.g., warm-up period)
- Warning signs of an asthma episode

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