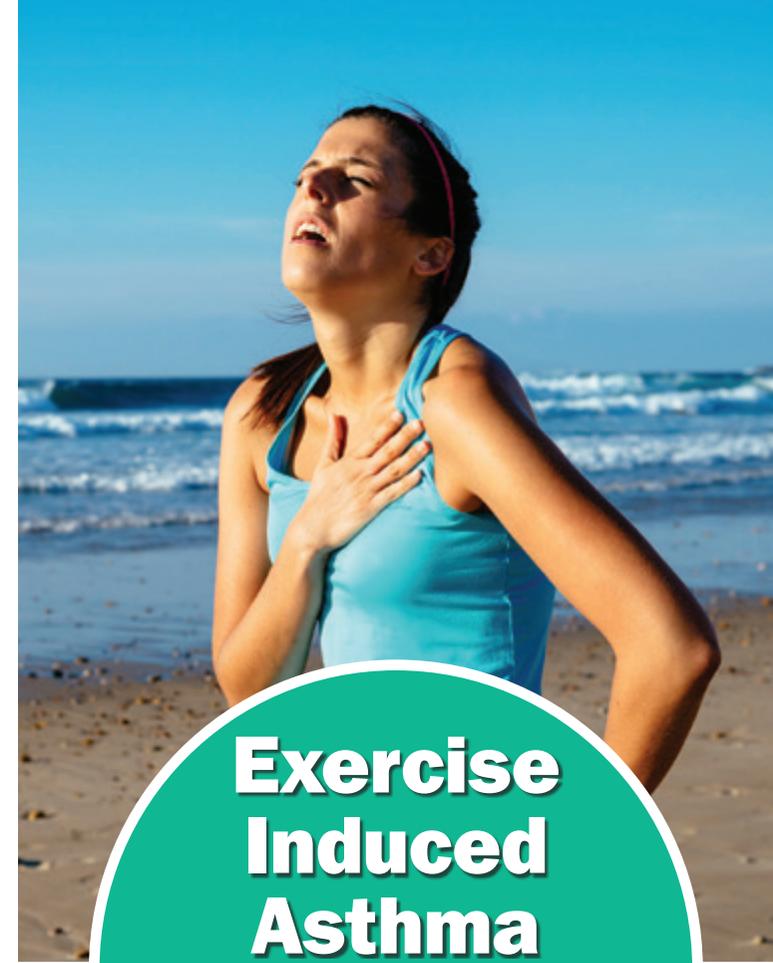
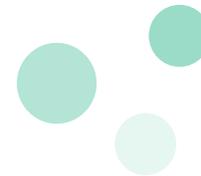


REMEMBER

Always take your blue inhaler with you when playing sports or exercising



For further information please contact your local asthma society



Exercise Induced Asthma

You can still participate in sport, exercise and activities if you manage your asthma well

asthma
NEW ZEALAND
THE LUNG ASSOCIATION

581 Mt Eden Road Auckland 1024
PO Box 67066, Mt Eden, Auckland 1349
Phone 09 623 0236, Fax 09 623 0774
Email: anz@asthma.org.nz

www.asthma.org.nz

Asthma New Zealand-The Lung Association © August 2016



asthma
NEW ZEALAND
THE LUNG ASSOCIATION

How will I know I have Exercise Induced Asthma (EIA)?

There are many different triggers that cause asthma symptoms. One of the main triggers is sport or exercise. This is referred to as Exercise Induced Asthma or EIA.

Some people ONLY have Exercise Induced Asthma (EIA), while others have many different triggers, of which exercise is just one.

Symptoms

If you have any of these symptoms during or after playing sport or exercising, you may be experiencing (EIA) Exercise Induced Asthma.

- Cough
- Wheeze
- Shortness of breath a few minutes after starting to exercise
- A tight feeling in your chest while exercising
- Having to stop exercising because you feel unwell due to asthma

If you think you may have any of the symptoms of EIA, please contact your family doctor for advice.

Exercise is important for people with asthma as it helps to improve their fitness level. The fitter you are the better control you will have of your asthma and you may have fewer episodes. You can participate in sport or exercise at the top level if you have good management of your asthma.

- If you already know you have EIA, here's what to do to help prevent the symptoms
- Take two puffs of your blue "reliever" inhaler before starting to warm up
- Do some gentle warm-up exercises, e.g. jog slowly on the spot and do some stretching for 15-20 minutes
- This will help to increase your heart and breathing rates gradually
- Now you are ready to start!

If you experience symptoms during sport/exercise

- You should **STOP** and take some slow, deep breaths
- Take another two puffs of the blue inhaler
- When symptoms improve you will be able to carry on
- If your symptoms continue or get worse, take six puffs of the blue inhaler through a spacer
- If still no improvement after treatment go to your GP or Accident & Emergency Clinic immediately

After finishing sport /exercise

Do some cool-down exercise similar to your warmup to get your breathing and heart rate back to normal slowly.

Make sure your coach or sports instructor knows that you have asthma, and knows what to do in an emergency.

