



## **Asthma and Exercise Induced Asthma Health Tips**

Asthma is a common respiratory disease characterized by intermittent episodes of airway obstruction due to muscular constriction of the airway (bronchial tubes). Signs and symptoms may include wheezing, fast breathing, shortness of breath, coughing, anxious appearance, fatigue and possible nausea. Causes for an asthma attack may be due to exercise, inhaled irritants such as smoke, ingested substances (aspirin or certain foods), cold/dry air, allergens (pollen or dust), season changes, strong odors or fumes as well as possible stress and/or being upset emotionally. Treatment includes use of a prescribed inhaler, reassuring the individual that they will be alright and helping them to relax, encouraging the individual to slow their breathing rate and/or activate EMS if breathing difficulties persist.

Exercise induced asthma (EIA) is constriction of the airway resulting from strenuous exercise (usually lasts from 5-15 minutes but may last up to 60 minutes before it spontaneously resolves). Signs and symptoms may include wheezing, shortness of breath, chest tightness and coughing. Causes for exercise induced asthma attack are usually from strenuous exercise, cold weather and cold/dry air. Treatment includes stopping exercise, encourage the individual to slow their breathing rate, reassure the individual that they will be alright and help them to relax and activate EMS if their condition deteriorates.

Every rehab patient in Michigan must have a prescription for rehab services from their physician. A patient has the choice to go where they know they will get the best treatment for their specific goals. At Tri-Rehab your insurance coverage will be verified and your first appointment will be scheduled within 24 hours.