



Exercise-Induced Asthma (EIA)

What is EIA?

EIA is wheezing that is triggered repeatedly by exercise. Here is a typical scenario for EIA: you are running a quarter mile and everything is fine, and then as soon as you stop, you start wheezing and coughing. Or, you are running a mile and about half way through, you start wheezing. Otherwise, in going about your daily life, and even when you get a cold, you are fine – with no wheezing.

But it is not always so easy to diagnose EIA. Sometimes this seems to happen: while exercising, you get out of breath – but you are just out of shape! Get into shape and your endurance improves! Or sometimes you are not sure if you are really wheezing, but you get short of breath and feel chest tightness with exercise. It could still be EIA, even without obvious wheezing.

How can we tell if you have EIA?

Sometimes it can be tough to decide if you have EIA or not. We at Bayside need to work with you to figure it out. Sometimes the most

definitive test is a trial of medicine. If your story is suggestive of EIA, we may prescribe an albuterol inhaler to use just before you exercise, and if that works, there's the diagnosis right there. If it doesn't, it will take more work on our part to figure out what's happening.

If you have EIA, what can you do besides taking albuterol to prevent wheezing?

Here are some other things you can try:

- Avoid exercising in cold, dry air.
- Avoid exercising when there is a lot of air pollution such as smoke or smog (from a recent grass fire, for example).
- Avoid exercising outdoors if your asthma is also triggered by allergies and pollen counts are high.
- Avoid exercising when you have a respiratory infection such as a cold.
- Avoid exercising around chemicals such as chlorine, paint, fertilizers or herbicides.

Should you avoid exercise completely?

Never! Treat your EIA so that you can exercise at your best. If your regimen isn't working, come back to Bayside right away – we will help you with additional treatment.

We pledge not only to care for you, but to care about you.