



EXERCISE INDUCED BRONCHOSPASM (EIB)

Background:

- Sometimes referred to as Exercise Induced Asthma
- Causes breathing problems during or after exercise

Symptoms:

- Breathing problems begin after you start exercise or 5-20 minutes after you stop.
 - Wheezing
 - Coughing
 - Shortness of Breath (SOB)
 - Chest Tightness

Diagnosis:

- History and Physical Exam
- Exercise challenge: spirometry (measurement of your breathing) after you exercise on a treadmill or bicycle

Treatment:

- Usually consists of a combination of pharmacologic and non-pharmacologic strategies
- Non-Pharmacologic
 - Warm up exercises
 - 30 second sprints at 2 minute intervals for 5 – 10 minutes
 - Need to do 30-60 minutes before exercise
 - Nasal Breathing
 - Wear mask/scarf in cold environment
- Pharmacologic
 - Short acting beta agonist (Albuterol)
 - 2 puffs with spacer 15-30 minutes before exercise
 - Should protect for 3 hours
 - Inhaled corticosteroids (Flovent, Asmanex, Pulmicort)
 - Leukotriene Modifiers (Singulair)
 - Combination products (Advair)

If you have questions about your medications or symptoms
contact our office.