

**Cycle 4 – Asthma**  
**2406 - Exercise-Induced Asthma**  
**SCRIPT**

**(1)**

**JOHN CHASE, MD:**

I would say that exercise-induced asthma is very common. Many people who do have run-of-the-mill asthma also do have exercise-induced symptoms, too.

**(2)**

**JOSEPH DIZON, MD:**

With exercise-induced asthma, what's going on is that you are breathing fast.

Usually, we breathe through the nose. The nasal passages help to humidify the air by the time they get down their lungs. But when you are breathing quickly, as if you're exercising, you're evaporating the moisture inside the lungs. And that evaporation of moisture, that dryness is translating to asthma-type symptoms.

**(3)**

**JOSEPH DIZON, MD:**

But there are some good treatments for exercise-induced asthma. For people with a history of exercise-induced asthma, I recommend that people take what we call a bronchodilator before their exercise. They take two puffs about 15 to 20 minutes before their strenuous activity and that can be very effective for helping them carry through their activity.

**(4)**

**JOHN CHASE, MD:**

And that oftentimes prevents them from developing those asthma symptoms that otherwise would limit some of their performance.

**(5)**

**MADelyn FERNSTROM, MD:**

Exercise-induced asthma can be a sign of poorly-treated underlying asthma.

**(6)**

**JOSEPH DIZON, MD:**

But certainly, if people are still having difficulties with exercise, we want to make sure that if they do have underlying asthma, that that's properly treated so that they don't experience their exercise-induced asthma.

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