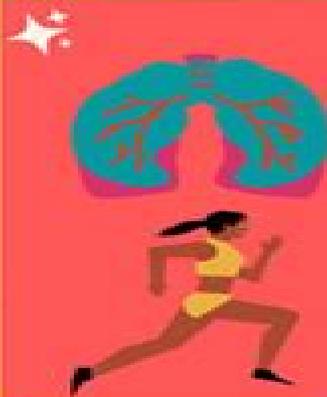


EXERCISE-INDUCED ASTHMA

IS EXERCISE-INDUCED ASTHMA REAL?

Also known as exercise-induced bronchoconstriction (EIB), triggered by physical activity, especially during intense exercise. Yes it is real and it affects both professional athletes and active people



SYMPTOMS

Coughing, wheezing, shortness of breath, and chest tightness usually occur during or after physical activity.

TRIGGERS

Physical activity
Cold or dry air and poor air quality

TIPS AND HOW TO COPE

Wear a loosely fitting scarf over your nose
Don't forget warm up exercises
Check air quality before outdoor exercises
Drink lots of water
Listen to your body, stop and rest when you have symptoms

PLAYING SPORTS WITH ASTHMA

- Having asthma doesn't mean you have to give up your athletic dreams.
- With proper management, medication, and guidance from your doctor, you can safely participate in sports and even achieve greatness.

TREATMENT

- Speak to your doctor to develop an asthma action plan.
- Rescue inhalers may be needed for immediate relief
- Use bronchodilator inhaler before exercise for prevention
- Steroid inhaler may be prescribed for regular use to keep inflammation down.

COMMON ASTHMA INHALERS

Ventolin Inhaler
Ventolin Diskus
Flovent Inhaler
Advair Inhaler
Breo Ellipta

Exercise Induced Asthma

Jicheng Xie



Exercise Induced Asthma:

This book delves into Exercise Induced Asthma. Exercise Induced Asthma is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Exercise Induced Asthma, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Exercise Induced Asthma
- Chapter 2: Essential Elements of Exercise Induced Asthma
- Chapter 3: Exercise Induced Asthma in Everyday Life
- Chapter 4: Exercise Induced Asthma in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Exercise Induced Asthma. This chapter will explore what Exercise Induced Asthma is, why Exercise Induced Asthma is vital, and how to effectively learn about Exercise Induced Asthma.
3. In chapter 2, the author will delve into the foundational concepts of Exercise Induced Asthma. The second chapter will elucidate the essential principles that need to be understood to grasp Exercise Induced Asthma in its entirety.
4. In chapter 3, the author will examine the practical applications of Exercise Induced Asthma in daily life. This chapter will showcase real-world examples of how Exercise Induced Asthma can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Exercise Induced Asthma in specific contexts. The fourth chapter will explore how Exercise Induced Asthma is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Exercise Induced Asthma. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Exercise Induced Asthma.

https://upload.cheaperseeker.com/data/browse/Download_PDFS/Advanced%20Power%20Mosfet%20Concepts.pdf

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