

Cook Children's 1

Exercise Induced Asthma

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Symptoms

- Coughing
- Wheezing
- Shortness of Breath
- Chest tightness or pain
- Fatigue during exercise
- Poor athletic performance

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Causes

- Cold, dry air
- Pollution ("ozone days")
- High pollen counts
- Having a "cold"
- Strong odors

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What is REALLY happening?



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Risk Factors

- Having underlying asthma
- Having allergies or hay fever
- Having a relative with asthma
- Exposure to second hand smoke
- Being overweight

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What else could it be?

- Deconditioning
- Vocal Cord Dysfunction

Laryngoscopy figures

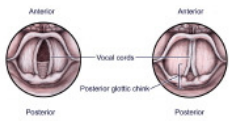


Figure C: Vocal cords during normal inspiration. Figure D: Vocal cords in a symptomatic VCD patient. Note: presence of a posterior glottic chink.

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Treatment

- Prevention

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Cook Children's 8

Treatment

- Prevention
 - Inhaled steroids

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Cook Children's 9

Treatment

- Prevention
 - Inhaled steroids
 - Short acting bronchodilators

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Cook Children's 10

Treatment

- Prevention
 - Inhaled steroids
 - Short acting bronchodilators
 - Leukotriene modifiers

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Cook Children's 11

Treatment

- Prevention
 - Inhaled steroids
 - Short acting bronchodilators
 - Leukotriene modifiers
 - Combination inhaled steroids and long-acting bronchodilators

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Cook Children's 12

Treatment

- Prevention
 - Inhaled steroids
 - Short acting bronchodilators
 - Leukotriene modifiers
 - Combination inhaled steroids and long-acting bronchodilators
- Rescue

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Cook Children's 13

Treatment

- Prevention
 - Inhaled steroids
 - Short acting bronchodilators
 - Leukotriene modifiers
 - Combination inhaled steroids and long-acting bronchodilators
- Rescue
 - Inhaler
 - Nebulizer

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Inhaler Technique

- [YouTube - 3D Medical Animation Inhaler](#)

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Questions?

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