

Athletic Trainer Services



Coaches' Education Handout

asthmatic conditions

What is asthma?

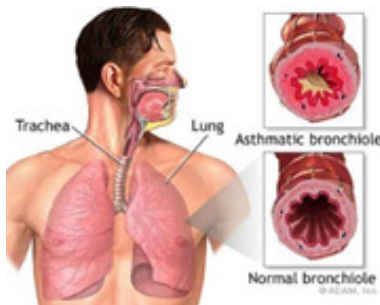
A condition triggered by allergens, exercise or both, in which the airways swell and narrow resulting in coughing, wheezing, and difficulty breathing. Asthma conditions range from being a mild nuisance to potentially having life threatening effects.

Symptoms of Exercise Induced Asthma

- Coughing
- Wheezing
- Tightness of the chest
- Unusual fatigue during exercise
- Shortness of breath during exercise
- **Symptoms usually occur 5-20 minutes after the start of exercise OR 5-10 minutes after a brief bout of exercise is completed.
- Athlete will be able to breath IN fairly easily, but have difficulty breathing OUT

Symptoms of Allergen Related Asthma

- Coughing
- Wheezing
- Tightness in chest
- Increase of symptoms when exposed to the allergen



What to do if an Athlete is Having an Asthma Attack

- Keep your athlete CALM
- Get assistance from your athletic trainer, if available
- Know whether or not your athlete has an emergency inhaler and where he or she keeps it
- In severe cases, emergency action may be required

Treatment & Prevention of Asthma

- A bronchodilator or inhaler is often used to treat and/or prevent asthma attacks during exercise
- During colder seasons, the muscles around an athlete's airways become very sensitive to the cold air being breathed in which causes constriction of the airway. ***Keeping a scarf, or cold-weather shield over the nose and mouth can help reduce the reaction that the airways have to cold air.***
- Allow for proper warm up and cool down before and after exercise
- If allergies are bad, limit or avoid exercise outdoors on days with a high pollen count, very low temperature, or high air pollution
- A daily medication regimen may be recommended by the athlete's physician
- Proper hydration can help reduce asthmatic symptoms, especially those caused by allergens



BON SECOURS SPORTS MEDICINE

OFFICIAL PARTNER

