

Health & Fitness.....

When exercising leaves you breathless

If you have trouble catching your breath or cough excessively after physical exertion, you may have exercise-induced asthma (EIA) and not even realize it.

"Many people with EIA have no other symptoms of asthma; they only cough or wheeze after exercise," says Dr. Alan L. Plummer, associate professor of medicine, Emory University School of Medicine.

During nonstrenuous activity, air is inhaled through the nose, where it is warmed before reaching the lungs. As exercise intensity increases, air is inhaled through the mouth, which does not warm air as effectively. During exercise, large volumes of this colder air are inhaled.

The combination of heat/water loss and intake of cold air causes the muscles that line the respiratory tract to constrict, resulting in the symptoms of EIA, which are wheezing and shortness of breath. These symptoms usually begin about five to 10 minutes following a workout and may last up to 30 minutes.

Meeting obstacles lungs-on

"People with a history of exercise-induced asthma need to understand that the condition is not a reason to

avoid physical activity," says Plummer. "As the body adapts to regular activity and exercise, the level of ventilation needed to maintain a particular level of activity decreases. This, in turn, raises the threshold at which symptoms occur."

The warm-up

Before any physical activity, warm up with 15 to 30 minutes of stretching exercises, light jogging and breathing exercises, combined with pre-medication. This warm-up routine not only prevents injury but also prepares your airways for the strain of activity, decreasing your chances of experiencing symptoms of EIA.

Other suggestions include:

- Monitor asthma daily with a peak expiratory flow meter. This handheld device measures the degree of airway obstruction. If your readings are declining, alert your physician, coach or trainer, and take therapeutic action.

- On days when the pollen count or air pollution is high, consider shortening your outdoor workout routine or working out indoors.

- Ask your doctor about medication that can prevent episodes, and use it before your workouts.


- Cover your mouth and nose with a scarf or face mask on cold, dry days; this will warm and moisten the air as you breathe, before it enters your lungs.

The name of your game

Although EIA should not limit your ability to participate in exercise, some activities, such as indoor swimming, are easier on the airways than others. In general, sports that require short bursts of energy, such as baseball or tennis, are ideal for the person with EIA who is interested in getting a good workout.


EIA is more prevalent when exertion is sustained over a long period; therefore, intense bouts of activity that last less than two minutes produce fewer symptoms than activities with longer duration, such as basketball, running and soccer.

For a free copy of "Living With Asthma: Guidelines for a Healthy Lifestyle" and "What Everyone Needs to Know About Exercise-Induced Asthma," write to The Asthma Information Center, P.O. Box 790, Springhouse, PA 19477-0790.




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by ALEX TRENTON

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2. Examine your mouth tissues and evaluate your existing dentures.
3. Show you actual samples of the quality denture services available.
4. Make recommendations as to what denture services you may need. We make everything in our own lab from start to finish.
5. Make any necessary arrangements, if you require a referral to another dental professional regarding your dental health.
6. Discuss all costs, and answer any questions regarding your dental insurance as well as make special arrangement for payment plans.
7. Answer any questions you may have regarding your dentures.

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