

Asthmatics should take frequent breaks when exercising

After a hard workout or a long run, many people find it hard to catch their breath. This is particularly true for people who suffer from asthma.

Most asthmatics begin to wheeze, cough or experience shortness of breath during or a few minutes after exercise

or exertion.

The symptoms are usually mild and only last for 20 to 30 minutes. This is called exercise-induced asthma.

What causes exercise-induced asthma?

Current research suggests that

exercise-induced asthma is due to airway cooling and drying and the increase in breathing during exercise. This results in the release of chemicals from airways cells, causing the muscles, which circle around the airway, to tighten, narrowing and obstructing the flow of air.

Some exercise-induced asthma

also results from breathing cold, dry air which dries out and irritates the inner lining of the airways, causing a decrease in lung function.

Symptoms of exercise-induced asthma include difficult breathing, wheezing, coughing, gagging and tightness in the chest.

Some asthmatics develop wheezing only after stopping exercise and in others, wheezing may worsen for a period after activity ceases.

Can asthmatics still exercise?

Several past Olympic athletes have asthma so there is no excuse to stop exercising.

Exercise is good for everyone because it strengthens the heart and body muscles, relieves stress and improves a sense of well-being.

A benefit of regular exercise for asthmatics is that it allows them to make a daily assessment

of their lung capacity.

And when their condition is under control, people with asthma are able to participate in most sports.

When their condition is under control, people with asthma are able to participate in most sports.

Activities such as swimming, gymnastics and fitness programs are good exercises for asthmatics because they allow them to participate at their own levels.

People with asthma may need to take breaks while they exercise. It is also very important to use medication before exercise to prevent asthma symptoms or an attack.

What treatment are available for asthmatics?

Besides bronchodilators and anti-inflammatories, a new class of medication, called leukotriene receptor antagonists, is under development.

The treatment has been extremely well-tolerated in clinical trials and is an effective addition to today's standard therapies.

The purpose of asthma medicines is to help people control their asthma, making them feel better and allowing them to do what they want to do without asthma getting in the way.

Tips for Exercising with Asthma

- Do not exercise when you have symptoms
- Always warm-up before starting and cool down following exercise
- If your asthma is bothered by air pollution, cold or damp air, exercise indoors.
- Cover your mouth and nose with a scarf when exercising outdoors in cold weather.

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WELCOME

Dr. Chan's interest in the healing arts was elevated by a chiropractic research project in Grade 11. She graduated from the Arts York Dance Programme at Unionville High School in 1991. She has taught jazz and tap at the Kick's Dance Studio and swimming at Morgan and Centennial Pools. Dr. Chan completed her pre-chiropractic at the University of Guelph and graduated with Cum Laude + Clinic Honours from the Canadian Memorial Chiropractic College.

She also received the College's Board of Governor's Graduation Award in recognition of her achievements as Student Council President. In addition to chiropractic, Dr. Chan was trained in the art of acupuncture in Sri Lanka and is extremely excited to add this other dimension of health care to the DeFinney Chiropractic Clinic.

Dr. Chan is now accepting new patients.
For appointments call (905) 294-0454

ADVERTISING CORRECTION
Eaton's Fall Fashion insert, included in this newspaper last week. Please note: due to delivery problems the following merchandise will be available as indicated: Page 27-Casual Connection houndstooth socks, October 10, all other styles shown, September 20. Page 38-Calvin Klein sheer marquisette bra and panty (shown at top left corner), September 24, 1997. Page 48-VanHeusen cotton and cotton blend shirts, may not be exactly as shown; and shown merchandise may not be available in all stores. Page 53-Prospector shoes are not included in the 25% off promotion, shoe shown at bottom right should not be in photograph. Inadvertently, the errors listed appeared in our advertising. We sincerely regret any inconvenience or confusion to our customers.

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