

The Wellness News

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Asthma Triggers and Common Misconceptions Related to Exercise

More than 20 million Americans live with asthma and every day 40,000 of those people miss school or work due to the disease. May is National Asthma and Allergy Awareness Month because it is allergy and asthma sufferers' peak season. There are many misconceptions related to asthma, especially when it comes to exercise. This month, we will clear up the misconceptions and evaluate the truths about asthma.

What is Asthma?

Asthma is a chronic disease that causes inflammation of the airways, narrowing the space that air travels through to get to your lungs. Breathing can become very difficult at times and many asthma sufferers refer to this condition as an asthma attack, flare-up, or exacerbation. These attacks include coughing, chest tightness, wheezing, and trouble breathing. Many researchers agree that both genetics and the environment are common factors that may interact to cause asthma.

Triggers

Each person who suffers from asthma has specific triggers that may lead to an asthma attack. The most common triggers are tobacco smoke and secondhand smoke. People with asthma should avoid tobacco smoke as much as possible. Other triggers include: dust mites, outdoor air pollution, cockroaches, pets, and certain respiratory infections.

Treatment

Asthma is most commonly treated by using medicine prescribed by a physician to control and avoid attacks.

Did you know that each day in the United States, 30,000 people will have an asthma attack? Asthma and allergies affect 1 out of every 4 Americans!

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Asthma and Exercise

For some people, physical activity can be a trigger for an asthma attack. However, you should not avoid physical activity unless your doctor recommends that you do. At the 1984 summer Olympics, 67 of the 597 American athletes had asthma. Among them, they won 41 medals. Asthma did not hold them back and it should not hold you back either! Physical activity is a very important part of a healthy lifestyle and you should talk to your physician about medicines that can help you stay active while managing your disease.

Exercise Tips for Sufferers

So, you are ready to get back into an exercise routine but don't know how to start? Check out the tips below for exercising with asthma:

Take a buddy – Accountability helps when starting an exercise routine. Having a friend with you can make things more fun and safer.

Ease into exercise – Start working out with a warm-up and finish with a cool down. Increase exercise slowly over time.

Exercise Tips Continued

Take breaks – Take a five minute break whenever you feel like you need rest and drink plenty of water.

Respect your body – Breathe through your nose instead of your mouth to avoid triggering an attack. Don't overdo exercise on days when your asthma symptoms are heightened and keep up the medicine routine that your doctor prescribed.

Mix it up – Try different forms of physical activity on a regular basis. For example, try swimming one day and taking a walk the next.

All of these tips are great reminders for keeping up with your fitness routine. Remember to check with your doctor before beginning any form of physical activity.



Call Your Health Coach for More Information 1-800-433-2320

Sources: www.asthmacapitals.com, www.nhlbi.nih.gov, www.aafa.org, www.cdc.gov, www.bam.gov

