

# College Athletes at Higher Risk for Exercise-Induced Asthma

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**A RECENT STUDY** published in *Medicine & Science in Sports & Exercise* has reported that one out of three college athletes have symptoms of exercise-induced asthma. The athletes had developed these symptoms even though they had no prior history of asthma.

The study conducted by Ohio State University looked at 107 varsity athletes who participated in 22 different sports. The results showed 42 out of the 107 had exercise-induced asthma and 36 of those athletes had no prior history of asthma.

The study reported similar figures as those found in Olympic athletes. The athletes who are especially at risk for exercise-induced asthma are winter athletes who practice and compete in cold temperatures.

An athlete can have this condition without being aware due to the various symptoms associated with it. Physical exertion involving cool, dry air entering the lungs is the main cause of exercise-induced asthma.

## Symptoms are the same as asthma and include:

- wheezing
- tightening of the chest
- shortness of breath
- chest pain

Using these symptoms alone isn't enough to diagnose exercise-induced asthma. If you are experiencing these symptoms it is highly recommended you receive lung function testing in order to receive the most accurate diagnosis.

Based on the findings of this study, additional research is necessary in order to effectively diagnose athletes at risk for exercise-induced asthma while allowing them to participate in sports at the same time.

It is important to be aware of your personal fitness levels and note how you feel after exercising. If you notice you are especially tired after working out or your exercise regimen isn't producing comparable results, it could be a sign that you should see an allergist or a heart specialist.

Exercise-induced asthma can affect your athletic performance, but taking extra precautions such as warming up for a longer period of time and getting regular health check-ups can help combat this condition.

**LVS**



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