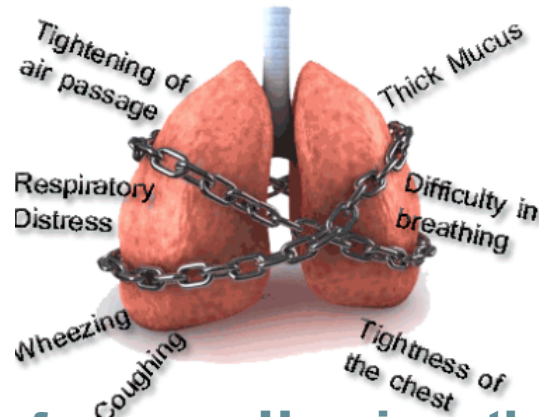


# Asthma

WYOMING SEMINARY  
Athletic Training

## What is Asthma



Asthma is a condition in which your airways narrow and swell and produce extra mucus.

This can make breathing difficult and trigger coughing, wheezing and shortness of breath.

## Symptoms of

### Asthma:

- Shortness of breath
- Chest tightness or pain
- Trouble sleeping caused by shortness of breath, coughing or wheezing
- A whistling or wheezing sound when exhaling (wheezing is a common sign of asthma in children)
- Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu

The Mayo Clinic

## How is asthma

### treated?

#### Short and/or Long Acting Inhalers

1. These drugs work to expand the passageways into the lungs (the bronchi), allowing more air in and out and improving breathing.
2. They also clear mucus from the lungs by enabling the mucus to move more freely and get coughed out more easily.

American College of Allergy, Asthma and Immunology

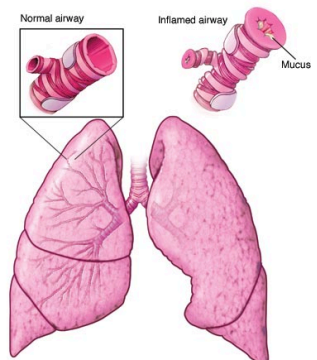
## What causes an asthma attack?

- Extreme weather conditions
- Hard exercise
- Some medicines: aspirin, acetaminophen
- Stress
- Allergens such as: Pet dander, mold, pollen, dust

**\*\*Seek medical attention if no improvements in symptoms**

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#### Asthma attack




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**Exercised-induced asthma** is a narrowing of the airways in the lungs that is triggered by strenuous exercise. It causes shortness of breath, wheezing, coughing and other symptoms during or after exercise.

## How to use an inhaler:




1. Shake the medicine.




2a. Hold the inhaler so that the mouthpiece is 1 and 1/2 to 2 inches (about 2 to 3 finger widths) in front of your open mouth. Breathe out normally. Press the inhaler down once so it releases a spray of medicine into your mouth while you breathe in slowly. Continue to breathe in as slowly and deeply as possible.

Or



2b. If holding the inhaler in front of your mouth is too hard, breathe out all the way and then place the mouthpiece in your mouth and close your lips around it. Press the inhaler down once to release a spray of medicine into your mouth while you breathe in slowly.



3. Hold your breath for 10 seconds, or as long as is comfortable. Breathe out slowly.

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Athletes with ASTHMA are identified through their medical history and are required to keep an inhaler (labeled) in their team's medical kit.