

Is Exercise-Induced Asthma common in...



[NLRunner](#) 3 posts since

Apr 23, 2008

Hi there,

For years I have thought there was just 'something wrong' with my lungs. Whenever I begin any kind of cardio exercise, my breathing is very labored, exponentially if it is cold outside and I'm exercising in it. Last evening I tried my first run in years (back in 2004 I would run 5 miles four times a week) and it was pretty cool outside. I took it easy and walked when necessary, but my breathing got worse and worse, and in 25 minutes - when I got back home, I felt like my chest was caving in! I coughed all through the night and my chest is still sore this morning. Is this normal??? A friend suggested I get tested for exercise-induced asthma, and I have made a Dr's appointment, but I'm wondering is this just because I'm new at it?

Thanks,

NR

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[Jesse@Active](#) 102 posts since

Jul 3, 2007 1. **Re: Is Exercise-Induced Asthma common in beginners?** Apr 23, 2008 11:41 AM

Hi NR-


I can't really say if that's normal or not. I know my breathing was always more labored in the cold, but never to the point you described. Going to the doctor's is probably a good call. One of our experts, Gale Bernhardt, wrote an article on her experience with EIA. It might help you know what to expect at your appointment.

Good luck



[MeganP](#) 1 posts since

Apr 23, 2008 2. **Re: Is Exercise-Induced Asthma common in beginners?** Apr 23, 2008 4:34 PM

 in response to: [Jesse@Active](#)

Hi NR,

I was having trouble with my breathing when I first started exercising recently. I had quit smoking right when I started and was a pack-a-day smoker, so I thought that had something to do with it, but then I took a break for a few weeks and when I started again, the trouble came back. I noticed it was particularly bad when I would run in cold weather, but I still had problems just doing a cardio workout DVD inside. It wasn't as bad as what you're describing, but it did go away after a couple of weeks. I can do 2 miles of running and 2-3 of walking before and after without trouble. Haven't tried to push myself further yet but I figure

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if I can run for 2 miles without gasping and wheezing, then my body must just be getting used to the activity.

Megan



[fistsofury](#) 33 posts since

Mar 24, 2008 3. **Re: Is Exercise-Induced Asthma common in beginners?** Apr 26, 2008 5:22 PM

Exercise can definitely contribute to asthma as well as seasonal allergies. I have suffered from both the past several years. If you have any form of asthma you need to consult your physician. You will most likely be prescribed a "rescue" inhaler. Keep this with you when you run. You probably won't notice any allergy/exercise induced asthma until you finish your run when you are cooling down. If you have trouble breathing during your exercise you need to stop immediately until you have consulted with a physician.

Like I stated before, I have allergy induced asthma. It usually hits me during the spring time and tapers off when summer arrives. It has never hampered my running. Recently a friend

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suggested I use a nasal saline rinse to flush out my nasal cavity. At first I thought he was crazy. I used it pretty regularly during the first several weeks this spring. Since using the saline rinse I have not needed my inhaler at all.

Once your lungs become accustomed to running/breathing your symptoms should diminish significantly. Also you should use caution while exercising in the winter months. The cold air can also induce asthma.



[omzig](#) 5 posts since

Jan 15, 2008 4. Re: **Is Exercise-Induced Asthma common in beginners?** Apr 26, 2008 5:44 PM

How funny I was just logging on to ask this very question! I have been trying to run for awhile but my chest gets so tight and I gasp for air. Lately I started running outside since it's cool and it was just painful to breathe. I'm calling my doctor on Monday. I am not asthmatic but I do have allergies. According to one source about 40% of people with nasal rhinitis (allergies) have EIA. This would explain it for me since I haven't tried to run since I was young, before the allergies developed. Let us know what you find out, sounds like we're in the same boat.



[NLRunner](#) 3 posts since

Apr 23, 2008 5. Re: **Is Exercise-Induced Asthma common in beginners?** Apr 28, 2008 4:17 AM

Thanks to everyone for your replies. I have had 3 runs since that first day, and neither has been as bad breathing-wise. I still get the chest tightness within 5 minutes, and I cough a little, but nothing like that first run. I'm following that "couch potatoe to 5km" schedule and

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so far I have been able to do it and the walk breaks give me a chance to recover with my breathing. My Dr's appointment is tomorrow morning so I look forward to hearing what he recommends.

Thanks again - best wishes to all of you!

Happy running!

Michelle