

Winter Exercise Tips for Asthmatics

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New Delhi. Exercise is a common trigger for asthma and may cause symptoms in 80-90% of asthmatics. Cold dry winter air can also make breathing difficult for asthmatics, which may result in shortness of breath, wheezing, cough or chest tightness. The symptoms can occur during, just after or several hours after exercise, said Dr. KK Aggarwal, President, Heart Care Foundation of India.

Heart Care Foundation of India released few exercise tips for asthmatics during the winter season.

- Get your asthma fully controlled during winter
- Cooling and drying of the bronchial airways can trigger an asthma attack.
- Avoid strenuous exercise in cold dry air.
- Avoid winter sports, such as skiing, snowboarding, or ice skating.
- Use the bronchodilator inhalers, 20 minutes prior to exercise.
- Keep the inhalers warm in order to avoid a cold aerosol spray.
- "warm-up" and "cool-down" after strenuous exercise.
- When exercising in cold air, wear a scarf or facemask over the nose and mouth to warm the air one is breathing.
- Drink plenty of liquids before and after exercise to prevent drying of the airways.

Exercise indoors when outdoor temperatures drop.

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