

Health Highlights – ‘It shouldn’t be a barrier to play’ (Audio)

<<(I’M TIM DITMAN WITH TODAY’S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

FOR THE THOUSANDS OF PEOPLE WHO HAVE ASTHMA, THE THOUGHT OF VIGOROUS EXERCISE MAY BE DAUNTING. THEY MAY THINK, “WHAT IF I’M WORKING OUT ALONE AND FIND MYSELF SHORT OF BREATH OR WORSE?”

EXPERTS SAY WORKOUT WARRIORS AND THEIR PARENTS NEED NOT BE AFRAID. YOU CAN WORK UP A SWEAT WITH ASTHMA IF YOU KNOW YOUR BODY AND PREPARE FOR POSSIBLE PROBLEMS.

OSF HEALTHCARE ATHLETIC TRAINER BRITTANY DELANEY SAYS SHORT BURSTS OF EXERCISE ARE BETTER. ALSO, COLD WEATHER AND CHLORINE CAN CAUSE FLARE-UPS.

IF YOU DO SUFFER CHEST PAIN, SHORTNESS OF BREATH OR OTHER SYMPTOMS OF AN ASTHMA ATTACK, REST AND USE YOUR INHALER. DELANEY SUGGESTS LEAVING THE INHALER WITH SOMEONE SO YOU KNOW EXACTLY WHERE IT IS.

TAKE SOT | BRITTANY DELANEY | OSF HEALTHCARE ATHLETIC TRAINER

“I SEE A LOT OF ATHLETES WHO CARRY THEIR INHALER, BUT ARE THEY FOLLOWING DIRECTIONS? ARE THEY ONLY TAKING THEIR MEDICATION WHEN THEY’RE STARTING TO FEEL SYMPTOMS? A LOT OF PEOPLE WITH ASTHMA ACTUALLY HAVE INFLAMMATION DAILY. THEY SHOULD BE TAKING MEDICATION DAILY.”

IF YOUR SYMPTOMS DON’T GET BETTER QUICKLY, CALL 9-1-1.

WITH TODAY’S HEALTH HIGHLIGHTS, I’M TIM DITMAN.