

INFO-PARENTS

Information on Asthma
for families and public



To Breathe's information for Parents and Public

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Sport and Asthma

Nov 2002

SAY YES TO SPORTS FOR CHILDREN AND ADOLESCENTS WITH ASTHMA !!!

To play and practise sport is inherent to children and adolescents.

Children with asthma are able to practise sports. In fact, sport is good for their disease:

- Children and adolescents with asthma improve their lung function.
- Sport prevent obesity (overweight is bad for correct respiratory movements)
- children-adolescents with asthma feeling good and "normal" (like other children and adolescents without ashtma).

Parents always ask the same question "is my child able to practise sport?" Now, you know the answer:

Yes, of course !

Choosing an Sport

Every child must choose any sport he/she wants to play. This is the best strategy in order to choose an sport.

Usually sports like

- football
- soccer
- athletics
- basketball
- cross country

produce more asthma attacks than others like:

- swimming
- tennis
- badminton
- karate and similars...

but remember our strategy

What Do I do if my child suffers an asthma attack during the sport?

- stop sport immediately
- take correct medicine for quick relief (inhaled b2 agonist)
- contact with your doctor

Preventing Asthma Attack caused by Sport

- correct training is the best way to prevent asthma attack (before sport: warming up, preheating, muscle stretching..and when sport has finished, stretching and cooling down)
- some children need to take medicine before starting sport. If you need it never forget it !