VCD-EILO & ASTHMA

How Vocal Cord Dysfunction-Exercise Induced Laryngeal Obstruction differs from Asthma

VCD-EILO

SYMPTOM GUIDE

HIGH-PITCHED, HARSH BREATHS

DIFFICULTY INHALING

THROAT FEELS TIGHT

QUICK ONSET, QUICK RECOVERY

ASTHMA

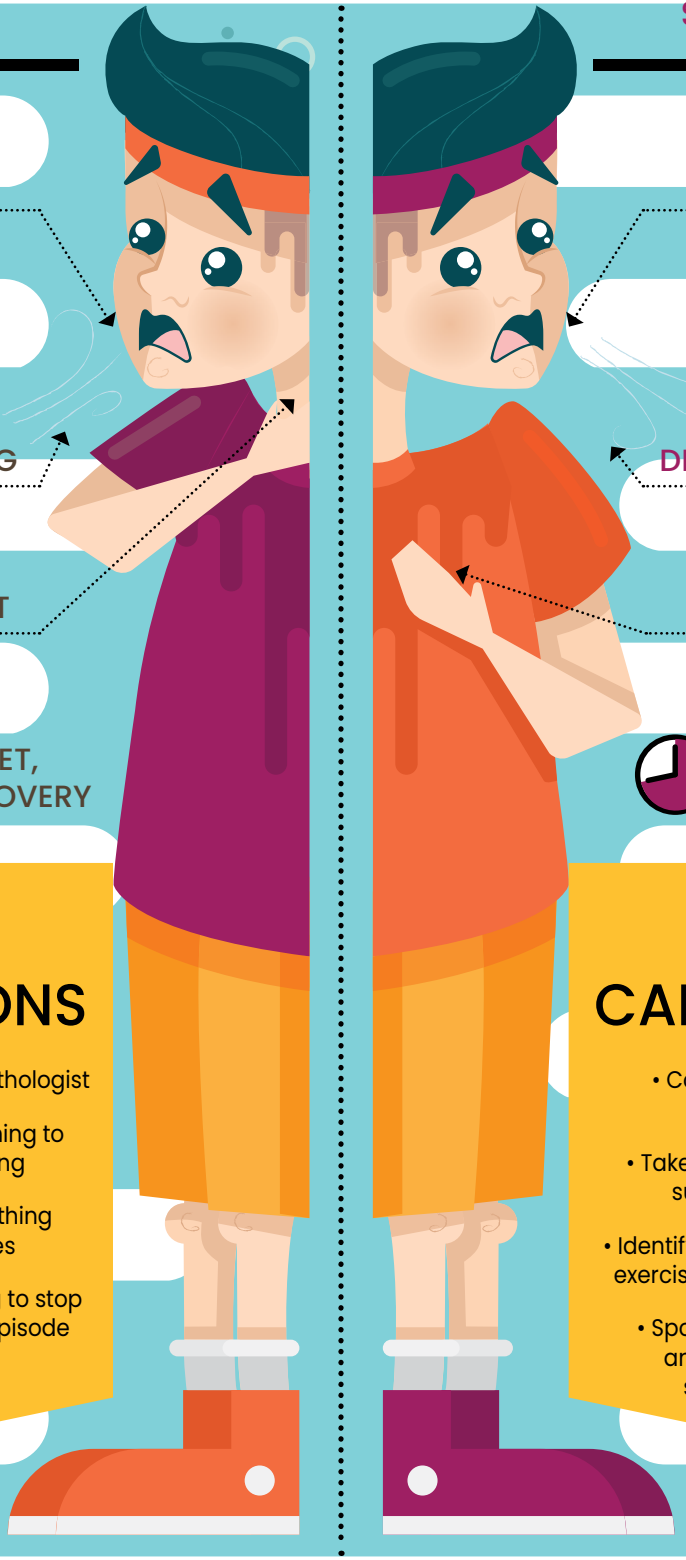
SYMPTOM GUIDE

WHEEZING SOUNDS WHILE BREATHING

DIFFICULTY EXHALING

CHEST FEELS TIGHT

SLOW ONSET, SLOW RECOVERY



CARE OPTIONS

- Visit a speech-language pathologist
- Switch from mouth breathing to nasal or shared breathing
- Use diaphragmatic breathing and relaxation exercises
- Practice recovery breathing to stop an attack becoming a full episode

CARE OPTIONS

- Consult a doctor, allergist or immunologist
- Take medicines as prescribed, such as inhalers or pills
- Identify and avoid triggers such as exercise, polluted air and allergies
- Spot early signs of an attack and stop exercise before symptoms get worse

References: American College of Sports Medicine, Ithaca College, NATA