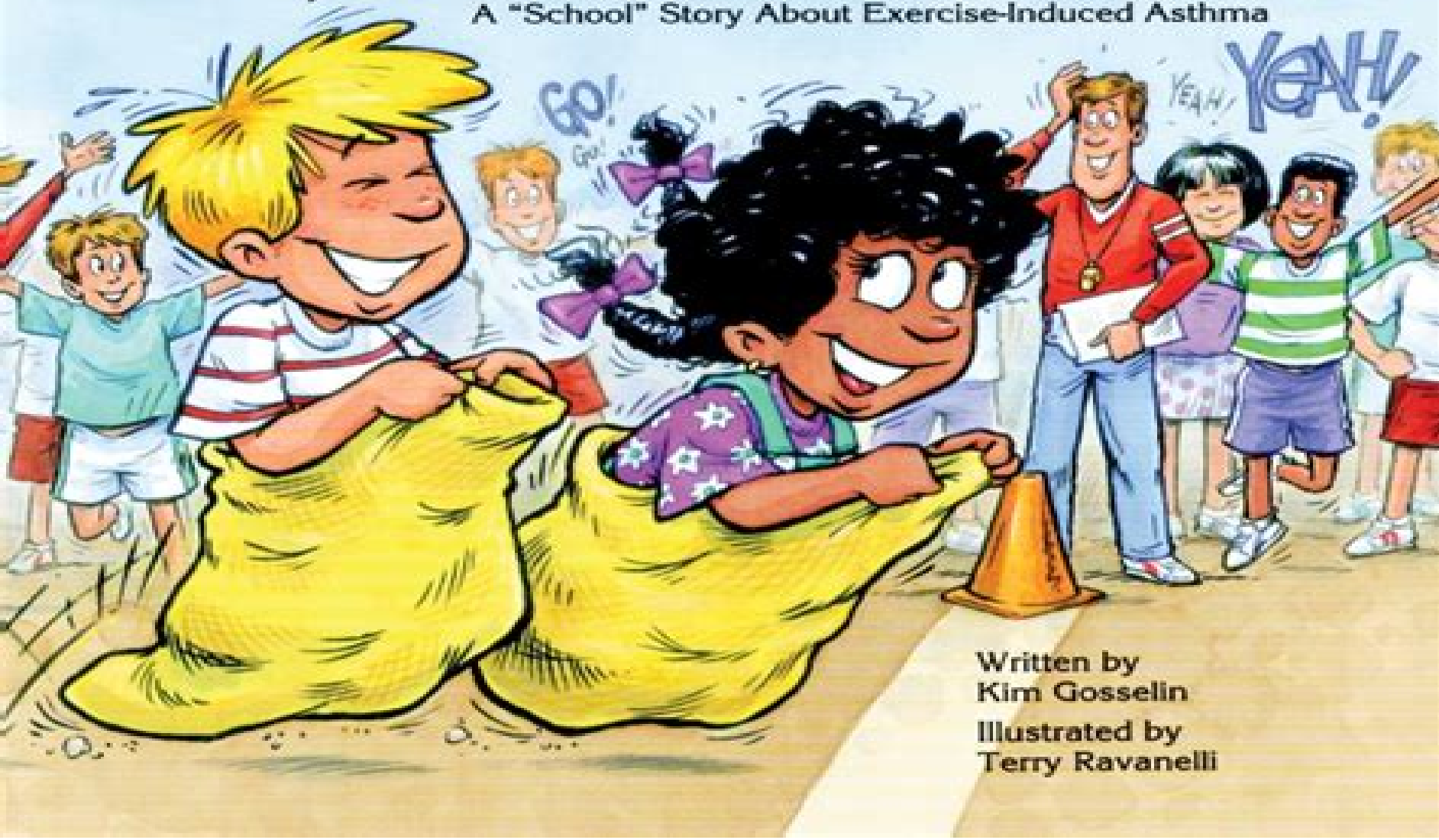


# Sportercise!

A "School" Story About Exercise-Induced Asthma



Written by  
Kim Gosselin  
Illustrated by  
Terry Ravanelli

# Sportercise A School Story About Exerciseinduced Asthma

**Jennifer Bernadette Miller**



## **Sportercise A School Story About Exerciseinduced Asthma:**

**Sportercise!** Kim Gosselin,1997 Encourages children living with asthma to participate in all sporting activities and to overcome the common problem of exercise induced asthma by taking the proper precautions and by using their medication correctly **Sportercise** Kim Gosselin,2009-02-01 *Exercise-induced Asthma* Kenneth W. Rundell,Randall L. Wilber,Robert F. Lemanske,2002 A practical guide for professionals in the medical and health communities who work on a daily basis with individuals suffering from exercise induced bronchoconstriction EIB and asthma EIA *Exercise-Induced Asthma* E. R. McFadden,1999-02-16 This groundbreaking reference presents the latest advances in the study of exercise as a precipitant of acute airflow limitation comprehensively updating the theories testing methodologies clinical features and treatment options for exercise induced asthma EIA Written by leading researchers in pulmonary disease and critical care medicine *Exercise Induced Asthma* discusses current theories on pathogenesis emphasizing new data on the relationship between vascular phenomena and bronchoconstriction explores respiratory thermal transfer and water vaporization as factors in controlling or triggering the asthma reaction sequence evaluates the efficacy and potential interactions of pharmacologic compounds such as 2 adrenergic agonists cromolyn sodium histamine receptor 1 antagonists nonsteroidal anti inflammatory drugs NSAIDs heparin and others contrasts pharmacologic and nonpharmacologic management schemes emphasizing the role of climate and type intensity and duration of exercise reviews exercise testing as a method of diagnosing airway hyperreactivity details the effects of pollutants such as sulfur dioxide ozone and particulate matter on the asthmatic diathesis compares natural salutary mechanisms such as release of inhibitory prostaglandins with use of medications such as 2 agonist bronchodilators and more **Asthma in Motion** James Stiles,2023-08-29 Introducing Asthma in Motion Overcoming Exercise Induced Challenges Dive into the remarkable journey of triumph as this book reveals groundbreaking strategies to conquer and thrive through the challenges of asthma during exercise Packed with invaluable insights this captivating guide inspires courage and empowers individuals to embrace a life filled with motion In this inspiring memoir renowned athlete and asthma conqueror James Stiles shares their personal experience delivering a powerful message of hope to individuals who face similar obstacles Drawing upon their expertise and resilience they unravel the secrets of mastering exercise induced asthma transforming adversity into strength Take a deep breath and discover groundbreaking techniques to turn your limitations into limitless possibilities By unlocking the secrets of proper training specialized breathing techniques and tailored medication management you will witness the liberating power of overcoming your exercise induced asthma Immerse yourself in the awe inspiring stories of individuals who refused to let asthma define their lives Be captivated as each page paints vivid pictures of their extraordinary journey highlighting the indomitable human spirit prevailing over adversity Join the movement today and embark on your own path to triumph Asthma in Motion equips you with the knowledge courage and practical tools to conquer every exercise induced challenge that stands in your way Don

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