

Today... and ...



in the **Future**

Please print clearly and use black ink to complete form.

Fort Smith Public Schools

Athletics and Student Activities
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ATHLETIC DEPARTMENT
Athlete Asthma Form

STUDENT'S NAME _____ DATE _____

DATE OF BIRTH: _____

This athlete has asthma. Generally, wheezing during exercise can be prevented by using his/her inhaler 15 minutes prior to exercise. This should protect the athlete from exercise-induced asthma for 2-4 hours.

He/she can still participate in vigorous sports but must pay attention to his/her breathing. If the athlete starts wheezing or having chest tightness, he/she should stop exercising and use his/her inhaler. If this stops the wheezing, then he/she can resume exercise. If it does not relieve the wheezing, then the athlete is through exercising for the day.

If the inhaler stopped the wheezing and the athlete returned to exercise but started to wheeze again, he/she should use the inhaler again, but the athlete is through exercising for the day.

IT IS IMPERATIVE THAT THE ATHLETE STOP EXERCISING WHEN HE/SHE STARTS WHEEZING. HE/SHE SHOULD NOT TRY TO EXERCISE THROUGH THE WHEEZING.

The inhaler that should be used prior to exercise may vary but usually it is albuterol or a similar chemical (Proventil, Ventolin, pirbuterol, Maxair inhaler or Autohaler, metaproterenol, Alupent, Metaprel, Preventil-HFA, terbutaline or Breathine). Intal (cromolyn) or Tilade (nedocromil) can also be used prior to exercise but will not relieve wheezing once it occurs. Serevent should be used at least 1 hour prior to exercise but should also be effective in preventing the exercise-induced asthma. It is not effective in relieving wheezing once it occurs. The steroid inhalers are not useful for this purpose. These include the following and others: Vanceril, Beclovent, beclomethasone, Flovent, Azmacort, Pulmicort, Aerobid, etc.

In the absence of a physician, THE ATHLETE OR HIS/HER PARENTS HAVE TO BE THE JUDGE OF WHETHER OR NOT HE/SHE IS WHEEZING. If the athlete persistently has wheezing which interferes with his/her exercise, the athlete should consult his/her primary physician or specialist for further evaluation or treatment.

Doctor: _____ Phone Number: _____

(Prepared by the Pediatric Sections of St. Edward and Sparks Hospitals.)