

START'R



DOCTOR PATRICK BACQUAERT

Chief Physician of the Research Institute for Wellness,
Medicine and Health Sport (IRBMS)
Medical advisor for Start'R program

WWW.IRBMS.COM

Hello,

You have told us that you have difficulty breathing at rest or during exercise or that you have asthma that is monitored and treated.

Asthma is a disease characterized by chronic inflammation of the airways to a greater or lesser extent and by bronchial hyper-responsiveness. It is characterized by shortness of breath, wheezing or a feeling of tightness in the chest and lungs and, more generally, difficulty breathing.

It is estimated that more than 10% of children may suffer from asthma and that 5 to 10% of adults are still more or less affected by asthma.

COPD or Chronic Obstructive Pulmonary Disease is a slowly progressing chronic inflammatory disease that limits breathing, with smoking being involved in 80% of cases.

The prevention of these two respiratory diseases is based on :

- Quitting smoking or not smoking.
- A re-training to the effort by practicing a physical activity especially in endurance (walking, cycling, running...) but not in cold and dry weather.
- Use your inhaler in case of crisis or your oxygenator for COPD
- Do not be exposed to allergens.
- Carrying out a respiratory monitoring assessment with exploration of respiratory capacities.

We recommend that you consult your referring doctor who will carry out or request an appropriate assessment. While waiting to carry out this check-up you can start an adapted physical activity program without shortness of breath by avoiding days of air pollution and cold, dry weather.

I remain at your disposal to help you in your approach which is not made to worry you but to allow you, if necessary, to receive medical advice in connection with a practice of adapted and safe physical activity.



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INSTITUT DE RECHERCHE DU BIEN-ÊTRE
DE LA MÉDECINE ET DU SPORT SANTÉ