Understand the difference between Vocal Cord Dysfunction-Exercise Induced Laryngeal Obstruction (VCD-EILO) and Asthma.

**VCD-EILO SYMPTOMS**
- Breathing sounds: high pitched, grating
- Struggle with inhalation
- Tightness in the throat
- Rapid onset, rapid recovery

**TREATMENT OPTIONS**
- See a speech language pathologist
- Adjust breathing from mouth breathing to nasal or shared breathing
- Practice diaphragmatic breathing and relaxation exercise
- Practice breathing-recovery exercises to stop attack from turning into full episode

**ASTHMA SYMPTOMS**
- Breathing sounds: like wheezing
- Struggle with exhalation
- Tightness in the chest
- Gradual onset, gradual recovery

**TREATMENT OPTIONS**
- See a physician, allergist or immunologist
- Take medication – such as an inhaler or pills – as prescribed
- Learn what your triggers are – exercise, dirty air, allergies, etc. – and avoid them
- Know the early signs of an attack and stop exercising before symptoms progress

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