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

**VCD-EILO SYMPTOMS**
- Struggle with inhalation
  - 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**
- Struggle with exhalation

**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

**VCD-EILO SYMPTOMS**
- Breathing sounds high pitched, grating
- Tightness in the throat

**ASThma SYMPTOMS**
- Breathing sounds like wheezing
- Tightness in the chest

**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

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