

Novel Therapy Helps Athletes Overcome Vocal Cord Dysfunction

New study shows therapy effective for 75 percent of adolescents with VCD

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National Jewish Health

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NEWS PACKAGE

SUGGESTED TEASE

STILL TO COME, HELPING YOUNG ATHLETES BREATHE EASIER AND PERFORM BETTER. HOW A NOVEL THERAPY HELPS THEM COMPETE AND AVOID SURGERY - NEXT IN HEALTH NEWS.

ANCHOR LEAD

IMAGINE TRYING TO RUN A RACE, ONLY TO BE FORCED TO BREATHE THROUGH A STRAW ON YOUR LAST LAP.

FOR MILLIONS OF YOUNG ATHLETES THAT'S A FRIGHTENING SENSATION THAT'S ALL TOO REAL.

IT'S CALLED VOCAL CORD DYSFUNCTION - OR V-C-D - AND EACH YEAR THOUSANDS UNDERGO SURGERY TO CORRECT IT.

BUT A NEW STUDY SHOWS THERE IS A NON-SURGICAL WAY TO TREAT V-C-D THAT NOT ONLY KEEPS ATHLETES ON TOP OF THEIR GAME, BUT OUT OF THE O-R.

CLARK POWELL HAS DETAILS..

(PACKAGE START) -----

CG: Courtesy: National Jewish Health
:00 - :03

(Nats - Diving into swimming pool) :02

Shots of Tyler diving into pool

TRAINING FOR TRIATHLONS IS MORE THAN JUST A HOBBY FOR TYLER EVANS. IT'S HIS JOB.

SO, WHEN TYLER STARTED HAVING SERIOUS BREATHING PROBLEMS, HE STOOD TO LOSE MORE THAN JUST A FEW RACES, HIS LIVELIHOOD WAS AT STAKE. :11

Shots of Tyler swimming

CG: Tyler Evans
Triathlete
:11 - :22

"I thought, you know, my career might be over at one point. I might not be able to keep doing this. What if there is something - not just career ending, but something that's life-threatening? There were a lot of things that were going through my head." :11

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|---|--|
| Shots of Tyler swimming | AFTER SEEING NUMEROUS DOCTORS FOR EVERYTHING FROM HEART PROBLEMS TO ASTHMA, TYLER WENT TO NATIONAL JEWISH HEALTH IN DENVER, WHERE DOCTORS |
| Exterior of National Jewish Health | DIAGNOSED HIM WITH VOCAL CORD |
| Shots of evaluation | DYSFUNCTION OR V-C-D. AT CERTAIN TIMES |
| Close up of vocal cords closing | DURING EXERCISE, TYLER'S VOCAL CORDS BEGAN TO CLOSE, WHICH NOT ONLY MADE IT HARDER TO BREATHE... :16 |
| CG: Tod Olin, MD, MSCS National Jewish Health :38 - :46 | <i>"It often is just terrifying, so independent of the effort required to breathe, there's this emotional effect."</i> :09 |
| Shots of runner in park | UNABLE TO MANAGE VCD WITH MEDICINE, MANY PATIENTS TURN TO SURGERY. |
| Shots of exercise bike and evaluation | BUT DOCTOR TOD OLIN (<i>first name has one "d" last name rhymes with 'stolen'</i>) IS TAKING ANOTHER APPROACH. HE PUTS ATHLETES ON AN EXERCISE BIKE AND PUTS A CAMERA IN THEIR THROAT. |
| Shots of evaluation | HE THEN USES BIOFEEDBACK, SPECIALIZED BREATHING TECHNIQUES - EVEN SPEECH THERAPISTS AND PSYCHOLOGISTS TO TREAT PATIENTS - NOT JUST IN COUNSELING SESSIONS, BUT IN THE MIDST OF STRENUOUS EXERCISE. :22 |
| Close up of throat on camera | <i>"I work with patients while they're pedaling as fast as they can on a bike or while they're running at 14 miles an hour on our treadmills so that they can learn these techniques under really intense situations."</i> :12 |
| Dr. Olin (CG's earlier) | AND A NEW STUDY SHOWS IT WORKS. ¹ 75 PERCENT OF ADOLESCENT ATHLETES HAD IMPROVED BREATHING WITHOUT SURGERY - AND 85 PERCENT CALLED IT THE MOST IMPORTANT THERAPY THEY'D RECEIVED. |
| Shots of evaluation/blur for graphic 75% - improved breathing without surgery 85% - most important therapy | ESPECIALLY TYLER - WHO GOT BETTER, AND WAS ABLE TO AVOID SURGERY AND THE MONTHS OF TRAINING HE WOULD MISS TO RECOVER. |
| Shots of Tyler swimming | AT NATIONAL JEWISH HEALTH IN DENVER, THIS IS CLARK POWELL REPORTING. :21 |
| Shot from pool deck of Tyler coming out of water | BECAUSE VCD IS OFTEN MISTAKEN FOR ASTHMA AND ISN'T TREATED PROPERLY, MANY ATHLETES QUIT THEIR SPORTS OUT OF FRUSTRATION. |
| (PACKAGE END) ----- | THIS STUDY IS THE FIRST TO SHOW VCD CAN BE DIAGNOSED AND TREATED SUCCESSFULLY |
| ANCHOR TAG | |

**CG: Tyler Evans
Triathlete**

Tyler talks about the therapy sessions -
"I would have the camera down my throat and we would videotape and I would watch my vocal cords. And with the breathing technique that he had taught me, I would do that repeatedly, over and over again during the workout and see how much of a difference it would make."

Tyler talks about his diagnosis and how he controls VCD
"It was phenomenal that he diagnosed it. It just seemed so simple that I don't have to take any medication, I don't have to take inhalers, steroids, nothing. I just have to think about breathing and, you know, picture it, know what's happening and just initiate it myself to fix it."

References

¹*Therapeutic Laryngoscopy During Exercise: A Novel Non-Surgical Therapy for Refractory EILO, Pediatric Pulmonology, October 2016.* Online:
[http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1099-0496](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1099-0496)

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