

Study: New Exercises Help Athletes Manage Dangerous Breathing Disorder

Two-thirds of study participants say the techniques help them breathe when symptoms strike

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National Jewish Health

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VOSOT Length: 1:13	Content provided by: National Jewish Health



VO/SOT SCRIPT

SUGGESTED TEASE	<p>A NEW STUDY IS HELPING ATHLETES WITH A COMMON, BUT OFTEN MYSTERIOUS, RESPIRATORY ISSUE BREATHE EASIER. THE DETAILS ARE COMING UP IN HEALTH NEWS.</p>
ANCHOR LEAD	<p>IT'S OFTEN MISTAKEN FOR ASTHMA, BUT FOR THOSE WITH THIS VOCAL CORD DISORDER, ASTHMA MEDICATIONS WON'T HELP. BUT NEW RESEARCH¹ FINDS BREATHING TECHNIQUES <u>DO</u> HELP, ALLOWING ATHLETES TO MANAGE SYMPTOMS WHEN THEY STRIKE.</p>
(TAKE VO) -----	<p>EXERCISE-INDUCED LARYNGEAL OBSTRUCTION, OR E-I-L-O, IS COMMON IN YOUNG ATHLETES AND USUALLY STRIKES WHEN THEY'RE WORKING THEIR HARDEST.</p>
CG: Courtesy: National Jewish Health :00 - :03	<p>DOCTORS TEST FOR THE DISORDER BY PUTTING PATIENTS ON AN EXERCISE BIKE AND VIDEO RECORDING THEIR THROAT WHILE THEY PEDAL AS FAST AS THEY CAN.</p>
Shots of patient on bike	<p>AS YOU CAN SEE, THE VOCAL CORDS TIGHTEN, CAUSING NOISY AND LABORED BREATHING THAT CAN BE TERRIFYING FOR THOSE WHO EXPERIENCE IT.</p>
Shots from throat camera	<p>DOCTOR TOD OLIN STUDIES THE CONDITION AT NATIONAL JEWISH HEALTH IN DENVER AND DEVELOPED NEW BREATHING TECHNIQUES, WHICH HAVE BEEN FOUND TO HELP TWO-THIRDS OF PATIENTS CONTROL THEIR E-I-L-O SYMPTOMS.</p>
Shots of Dr. Olin working with patient while on bike	<p>DOCTOR OLIN TEACHES PATIENTS A STEP-BY-STEP PROCESS THAT WORKS EVEN WHEN THEY'RE OUT OF BREATH AND MAY FEEL PANICKED.</p>
(SOT :15) CG: Tod Olin, MD National Jewish Health	

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<p>ANCHOR TAG</p>	<p><i>“Just like anything in any sport, you always need to learn a technique at slow speeds before you can master those at high speeds. As part of our teaching process, we’re very careful to use these at the highest speeds that patients will use during their sport of interest.” :18</i></p> <hr/> <p>IN DOCTOR OLIN’S STUDY, EIGHTY PERCENT OF PATIENTS, WHICH RANGE FROM JUNIOR VARSITY LEVEL TO OLYMPIC ATHLETES, SAID LEARNING THE NEW BREATHING TECHNIQUES WERE EXTREMELY USEFUL, HELPING THEM GET BACK TO PLAYING THE SPORTS THEY LOVE.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>New techniques developed @NJHealth help athletes with common respiratory disorder breathe easier. http://bit.ly/2fwKSIJ</p> <hr/> <p>New breathing techniques developed by researchers at National Jewish Health are helping athletes with a common vocal cord disorder keep their throats open, even in the midst of high-intensity exercise when symptoms usually strike. http://bit.ly/2fwKSIJ</p>
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EXTRA BITES

<p>CG: Tod Olin, MD National Jewish Health</p>	<p>Olin says other techniques can’t be performed during exercise: <i>“Some of the traditional techniques that we use for EILO simply can’t be performed during high-intensity exercise. Specifically, when patients are asked, for example, to inhale through their nose, it’s simply not something you can do if you’re running as fast as you can.”</i></p> <p>Olin says patient observation helped him find new techniques: <i>“From time to time, patients would make mistakes, and very rarely those mistakes were extremely helpful for those specific patients, and once we figured out what those mistakes were and how to teach other patients how to essentially perform those exact same maneuvers, we were on to something.”</i></p> <p>Olin says controlling airflow is the key to the new techniques: <i>“When patients are able to precisely control the airflow through their mouth, they can affect the behavior of their throat.”</i></p>
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CG: Tod Olin, MD
National Jewish Health

Olin says the techniques are taught with and without exercise:
“Just like anything in any sport, you always need to learn a technique at slow speeds before you can master those at high speeds. As part of our teaching process, we’re very careful to use these at the highest speeds that patients will use during their sport of interest.”

Olin states the findings of the study:
“80 percent felt that the teaching process was extremely helpful and two-thirds of the patients noted significant improvement in their ability to exercise at a high intensity.”

Olin says it’s rewarding to hear patient success stories:
“The reward from all of this work is to hear back from patients, and to hear the individual success stories, whether that’s the ability to complete a soccer game for an 11-year-old or the ability to win medals at international level events.”

CG: Alexis Beggan
Has EILO

Alexis says it was a relief to have treatment options:
“There is a set plan. He told us what we were expecting to do. He told me that it would be, not easy, but that we would have a path that I could go down that would help me to figure this out, and that it wouldn’t be the end of my running career.”

Alexis explains the treatment process on the exercise bike:
“I visited Dr. Olin again, and he said, ‘Alright, you’re improving, but not as much as I’d like you to, I’d like you to try this new way, which is pretty much him coaching me as I’m on a bike, and as I’m watching with a camera down my throat, my vocal cords move, that way I can see what I’m actually changing as I breathe.”

Alexis demonstrates one of the breathing techniques:
“You exhale all the way out so you can all the air out, and then you breathe in through your teeth, and then, as he would describe it, Darth Vader sound, so you open your mouth really wide, kind of like this (does breathing technique).”

References

¹Olin EILOBI Breathing Techniques for Athletes, **Journal of Voice, Volume 31, Issue 6, October 2017**. Online: [put link here](#).

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