ASTHMA STRESS AND HYPERVENTILATION

Hyperventilation (over-breathing) is a mechanism that is often overlooked in asthma.

Hyperventilation whether spontaneous or exercise induced, is known to cause asthma\(^\text{i}\)\(^\text{ii}\)\(^\text{iii}\).

Loss of Carbon dioxide through hyperventilation can trigger bronchoconstriction which is one of the defining symptoms of asthma\(^\text{iii}\)\(^\text{iv}\).

Hyperventilation and hypocapnia (carbon dioxide deficit) are common in asthma\(^\text{v}\)\(^\text{vi}\).

It is also well established that people under stress are prone to hyperventilate\(^\text{vii}\).

There is now a large body of evidence showing that breathing retraining can help significantly reduce stress and the symptoms of asthma\(^\text{viii}\)\(^\text{ix}\)\(^\text{x}\)\(^\text{xi}\)\(^\text{xii}\)\(^\text{xiii}\)\(^\text{xiv}\)\(^\text{xv}\)\(^\text{xvi}\)\(^\text{xvii}\)\(^\text{xviii}\)\(^\text{xix}\)\(^\text{xx}\).

In view of the evidence there is a need for research into the role of breathing retraining as a potentially effective intervention in both management and prevention of asthma and stress.

Glenn White BSc, MSc MBIBH
Practitioner Trainer BIM
Director Buteyko Breathing Clinics

glenn@buteykobreathing.nz

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