

## 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<sup>i</sup>  
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Loss of Carbon dioxide through hyperventilation can trigger bronchoconstriction which is one of the defining symptoms of asthma<sup>iii iv</sup>.

Hyperventilation and hypocapnia (carbon dioxide deficit) are common in asthma<sup>v vi</sup>.

It is also well established that people under stress are prone to hyperventilate<sup>vii</sup>.

There is now a large body of evidence showing that breathing retraining can help significantly reduce stress and the symptoms of asthma<sup>viii ix x xi xii xiii xiv xv xvi xvii xviii xix xx</sup>.

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.

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