

Asthma and asthma medication are common among recreational athletes participating in endurance sport competitions

SND-ID: ext0276-1.

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Description

Asthma prevalence is high among elite endurance athletes, but little is known about its prevalence among competitive recreational athletes. The aim of this study was to determine the prevalence of self-reported asthma and asthma medication use among competitive recreational endurance athletes, and their association with training.

A web survey on asthma and medication was conducted among 38,603 adult participants of three Swedish endurance competitions (cross-country running, cross-country skiing, and swimming).

Purpose:

The aim of this cross-sectional study was to determine the prevalence among competitive recreational endurance athletes of self-reported physician-diagnosed asthma and asthma medication use and their association with training.

Population

Athlets registered for participation in three large Swedish endurance competitions open to the public: Lidingöloppet (cross-country running), Vasaloppet (cross-country skiing), and Vansbrosimningen (swimming)

Time Method

[Cross-section](#)

Time period(s) investigated

2014-09-01 - 2015-07-30

Geographic spread

Geographic location: [Sweden](#)

Ethics Review

Umeå - Ref. 2014/287-31

Research area

[Respiratory medicine and allergy](#) (Standard för svensk indelning av forskningsämnen 2011)

[Public health, global health, social medicine and epidemiology](#) (Standard för svensk indelning av

forskningsämnen 2011)

[Sport and fitness sciences](#) (Standard för svensk indelning av forskningsämnen 2011)

Keywords

[Exercise](#), [Asthma](#), [Sports medicine](#), [Prevalence](#)

Publications

Amanda Näsman, Tommie Irewall, Ulf Hållmarker, Anne Lindberg, and Nikolai Stenfors, "Asthma and Asthma Medication Are Common among Recreational Athletes Participating in Endurance Sport Competitions," *Canadian Respiratory Journal*, vol. 2018, Article ID 3238546, 7 pages, 2018.

<https://doi.org/10.1155/2018/3238546>.

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