

Regular inhaled corticosteroids reduce exercise-induced asthma

Clinical question	Are inhaled corticosteroids effective in exercise-induced asthma?
Bottom line	Compared to placebo, inhaled corticosteroids used regularly for 4 weeks or more before exercise testing significantly attenuated exercise-induced bronchoconstriction in both children and adults.
Caveat	The relative benefits of inhaled corticosteroids compared to other forms of exercise-induced bronchoconstriction treatment (sodium cromoglycate, nedocromil sodium, salbutamol, and other anti-inflammatory agents) remain unclear. Review involved only 6 studies with numbers of participants ranging from 9 to 40.
Context	Exercise induced asthma can limit a person's exercise endurance and lead to people avoiding exercise. Depending on study population, exercise protocol, detection method and exercise conditions, prevalence of exercise-induced asthma ranges from 10 to 50%.
Cochrane Systematic Review	Koh MS et al. Inhaled corticosteroids compared to placebo for prevention of exercise -induced bronchoconstriction. Cochrane Reviews 2007, Issue 3. Art No: CD002739.DOI: 10.1002/14651858. CD002739.pub 3. The review contains 6 studies involving 123 participants.
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