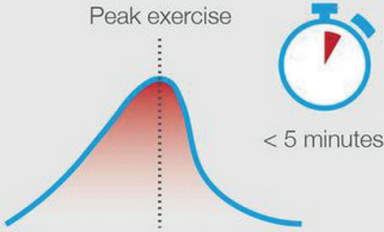
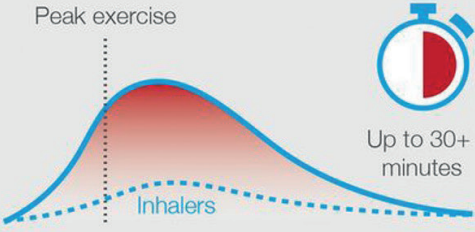

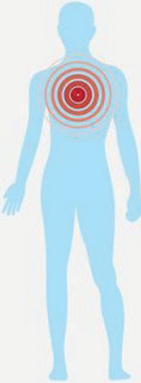


	EILO	EIB
Symptom intensity	<p>Peak exercise</p>  <p>&lt; 5 minutes</p> <p>Breathlessness and wheeze</p>	<p>Peak exercise</p>  <p>Up to 30+ minutes</p> <p>Breathlessness and wheeze</p>
Localisation and symptom quality	 <ul style="list-style-type: none"> <li>• Inspiratory stridor</li> <li>• Throat tightness</li> <li>• Inhalers (<math>\beta</math> agonists) do not work</li> </ul>	 <ul style="list-style-type: none"> <li>• Inspiratory and expiratory symptoms</li> <li>• Chest tightness</li> <li>• Cough following exercise cessation</li> </ul>
Management	<ul style="list-style-type: none"> <li>• Discuss diagnosis, impact on performance</li> <li>• Mitigate environmental triggers</li> <li>• Improve laryngeal hygiene</li> <li>• Manage co-morbidities (allergy, EIB, reflux)</li> </ul> <ul style="list-style-type: none"> <li>• Optimise breathing control at high intensity</li> <li>• Laryngeal relaxation</li> <li>• Consider use of inspiratory muscle training</li> <li>• Pharmacological treatment (anticholinergics)</li> </ul> <p>Surgical treatment (selected cases)</p>	