

Sport without discomfort

In individuals who suffer from allergies and asthma, irritants and additives (e.g. fragrances) as well as climactic factors can also cause or exacerbate complaints besides known allergens (pollen, house dust mites etc.). In medicine, these factors are termed "triggers". These should be avoided wherever possible.

Trigger: Cigarette smoke

Counteractive measures?

Cigarette smoke can lead to additional irritation of the mucous membranes in the respiratory tracts -> refrain from smoking and avoid closed spaces in which people are smoking.

Trigger: Heat and sweating

Counteractive measures?

- Wear breathable sportswear
- Pursue sports in the shade
- Select indoor sports activities
- Pursue water sports

Trigger: Cold temperatures

Counteractive measures?

For temperatures below 0 degrees C:

- Don't engage in any high-intensity sports
- Wear functional sports clothing
- Warm down after sport; ensure you have cooled off properly before showering
- Consume no cold foods or beverages immediately after the sport
- Place a cloth in front of the mouth to preheat inhaled air

Trigger: CO₂

Counteractive measures?

Try to pursue sports activities in forests and nature reserves.

Trigger: Dyes

Counteractive measures?

Wash new clothing before wearing these for the first time; choose fabrics known for their good allergic properties (Oeko-tex standard).

Trigger: Perfume and fragrances

Counteractive measures?

Perfume and fragrances can lead to additional irritation of the mucous membranes in the respiratory tracts -> avoid spaces with high concentrations of perfume or fragrances.

Trigger: Ozone

Counteractive measures?

Play indoor sports when ozone levels are high.

Trigger: Dust pollution

Counteractive measures?

Opt for indoor sports when dust pollution readings are high.