

Safety Tip of the Month – July 2007
VSI Safety Committee
“Inappropriate Use of Bronchodilators”

Bronchodilators should only be used by swimmers who have documented asthma or other restrictive airway diseases. Use by swimmers who do not have significant lung disease may increase their heart rate slightly, increase their pulmonary reserve briefly and stimulate increased cardiac output. Such inappropriate use of inhalers not only is very unsafe, but also construes unfair athletic behavior... It may also lead to the following side effects in the swimmer who does **NOT** have significant lung airway disease.

- Very fast heart rate
- Lowered blood pressure
- Lower potassium and higher glucose in the blood stream
- Nervousness and irritability
- Nausea, Heartburn
- Seizures
- Sore throat and mouth
- Headache and rebound hypertension
- Dizziness
- Muscle cramps
- Paradoxical bronchospasm
- Tremors and weakness
- Angina (chest pain)

If you have a diagnosed lung airway disease, then use the Bronchodilator Medication (inhaler) as prescribed. If do not have a lung airway disease then **DO NOT USE** Bronchodilators. The inappropriate use of Bronchodilator medication in individuals with very little / minimal pulmonary disease results in an unsafe situation for the swimmer and portrays very poor sportsmanship for the swimmer.