

## When a New Year's Resolution Takes Your Breath Away

For people who exercise regularly, shortness of breath is a common, even welcome result of your efforts. Along with a good sweat and that great feeling of accomplishment, it's one of the more obvious indicators that you are doing what's needed to build endurance and manage your weight.

But how easily do you lose your breath and feel fatigue when you work out? Does your breathing difficulty linger long after the workout, or accompany a persistent cough or chest discomfort?

These symptoms could be the first warning signs of an airflow obstruction known as exercise-induced bronchoconstriction (EIB), or exercise-induced asthma. It is common and easily treated with an inhaler. But as with any medical condition, a correct diagnosis is the first step.

EIB is often misdiagnosed as bronchitis, because of the similarity in the symptoms. In addition, an overall increase in asthma awareness by physicians may be resulting in overdiagnosis. The two conditions both involve inflammation of the airways, which further complicates the diagnosis.

While the symptoms of bronchitis may resemble those of asthma, bronchitis does not typically cause the airway obstruction that is the characteristic of asthma. Also, an asthmatic cough will usually produce sputum, while a cough brought on by bronchitis is generally non-productive.

This is where Best Doctors comes in. Getting the right treatment requires first getting the right diagnosis and Best Doctors will make sure you



get both. As a part of your company benefits, you get free access to virtual second opinions from the leading physicians in the world.

When you call Best Doctors or begin a case online, Best Doctors will collect your medical records, tests and samples for you from your treating physician office(s) and/or hospital(s). Best Doctors then consolidates all relevant records and sends them to a carefully selected Expert physician—one who specializes in your condition. You will receive a full report that either confirms your diagnosis and treatment, or the Expert's recommended change.

This report and your call is completely confidential, but upon your request Best Doctors can share the Expert finding with your treating physician so that you get started on the right treatment, right away.

So this year, add one more resolution to your New Year's list—call Best Doctors whenever you face a medical decision.

### **The benefit of *removing* the doubt**

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