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### The Prevalence of Exercise-Induced Bronchospasm in Soccer Player Children, Ages 7 to 16 Years

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#### Abstract:

This study represents an attempt to determine the prevalence of exercise-induced bronchospasm among soccer player children. A total of 234 soccer player boys of all soccer schools from Shahr-Rey enrolled in this study. They did not have any history of a recent or chronic respiratory tract disease, a history of allergic diseases, and history of bronchodilator drugs consumption during the 24 hours prior to the study.

Pulmonary function test (PFT) was performed for each participant before exercise and 6 and 15 minutes after playing soccer. The diagnosis of EIB was by a decrease in forced expiratory volume in 1 second (FEV1) by at least 10% and in peak expiratory flow rate (PEFR) by at least 15% with exercise challenge. If there was reduction in one parameter alone, the participants were considered as prone to EIB.

Considering both FEV1 and PEFR the prevalence of EIB was 2.1% and 18.4% were prone to EIB. If FEV1 or PEFR tests were used as criteria for diagnosis of airway obstruction, the prevalence of EIB would be 6% and 15.8%, respectively.

There was no significant difference between the post of players, family history of allergic disease and EIB in soccer players.

This study suggests that at least 2.1% of soccer players will develop bronchospasm even if they do not have any history of asthma and allergy.

#### Keywords:

Exercise induced bronchospasm , Soccer

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