

VOCAL CORD DYSFUNCTION vs ASTHMA

VOCAL CORD DYSFUNCTION

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In **Vocal Cord Dysfunction (VCD)**, the vocal cords close together, or constrict, during inhalation. When the vocal cords come together, only a small opening is left for air to flow into the trachea and into the lungs.

SYMPTOMS

- Shortness of breath
- Chest or throat tightness
- Difficulty getting air in
- Wheezing or hoarseness

CAUSES

The exact cause of VCD is unknown but there are many possibilities. Some common triggers include:

- Exercise
- Emotional upset or disturbance
- Gastroesophageal reflux (GERD)
- Sinus problems
- Allergies

WHO GETS VCD?

VCD is discovered in 10-15% of patients who are being treated for asthma but don't get better on asthma therapy. VCD commonly occurs in teenage girls and young adult females though it can certainly occur in boys.

TREATMENT

Speech therapy is an important part of the treatment for VCD. Your child can be taught special methods to increase his/her awareness of abdominal breathing and to relax his/her throat muscles. This will allow your child to overcome the abnormal vocal cord movements and improve airflow to the lungs.



ASTHMA

Asthma is an illness in which the airways of the lungs are swollen and irritated. Asthma causes people to cough, wheeze and have trouble breathing. Asthma attacks can be mild, moderate or severe, and can occur at any time.

SYMPTOMS

- Cough
- Shortness of breath
- Tight chest
- Fast heart rate
- Fast breathing rate
- Wheezing
- Noisy breathing

ASTHMA TRIGGERS

- Infections
- Smoke
- Household products
- Weather changes
- Emotions
- Exercise
- Air pollution
- Night time
- Allergens

TREATMENT

Medicines used to treat asthma fall into two categories: those used to treat symptoms such as wheezing, shortness of breath or coughing; and those that treat the underlying problems that cause asthma.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call us at **314-577-5640** or visit us at cardinalglennon.com/sportscare.

LOCATIONS CLOSE TO HOME

SSM HEALTH CARDINAL GLENNON CHILDREN'S HOSPITAL PEDIATRICIANS AND PEDIATRIC SPECIALISTS SEE PATIENTS AT CONVENIENT LOCATIONS IN MISSOURI AND ILLINOIS:

- 1** Pediatric Emergency Room/
Pediatric Specialists
**SSM Health Cardinal Glennon
Children's Hospital**
1465 South Grand Blvd.
St. Louis, MO 63104
- 2** Pediatric Emergency Room/
Pediatric Specialists
SSM Health St. Joseph Hospital
Koenig Building
400 Medical Plaza, Ste. 220
Lake St. Louis, MO 63367
- 3** Pediatric Emergency Room
SSM Health St. Joseph Hospital
300 First Capitol Drive
St. Charles, MO 63301
- 4** Pediatric Emergency Room
SSM Health DePaul Hospital
12303 DePaul Drive
St. Louis, MO 63044
- 5** Pediatric Specialists
St. Luke's Hospital
224 S. Woods Mill Road,
Ste. 640, South Medical Building
Chesterfield, MO 63017
- 6** Pediatric Emergency Room
SSM Health St. Clare Hospital
1015 Bowles Avenue
Fenton, MO 63026
- 7** Pediatric Emergency Room/
Pediatric Specialists
Anderson Hospital
2133 Vadalabene Drive, Ste. 6
Maryville, IL 62062
- 8** Pediatric Specialists
South County Sub Specialty Site
12700 South Fork Road, Ste. 155
St. Louis, MO 63128

To find a **specialist** for your athlete, call your local SSM Health Cardinal Glennon Children's Hospital SportsCare representative at **314-577-5640**.



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