



**HAL**  
open science

## **Diagnosis and management of allergy and respiratory disorders in sport: An EAACI task force position paper**

Oliver Price, Emil Walsted, Matteo Bonini, John Brannan, Valérie Bougault, Kai-håkon Carlsen, Mariana Couto, Pascale Kippelen, André Moreira, Helena Pite, et al.

### ► To cite this version:

Oliver Price, Emil Walsted, Matteo Bonini, John Brannan, Valérie Bougault, et al.. Diagnosis and management of allergy and respiratory disorders in sport: An EAACI task force position paper. *Allergy*, 2022, 77 (10), pp.2909-2923. 10.1111/all.15431 . hal-03791934

**HAL Id: hal-03791934**







**<https://hal.science/hal-03791934v1>**

Submitted on 11 Apr 2024

**HAL** is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

# Diagnosis and management of allergy and respiratory disorders in sport: An EAACI task force position paper

Oliver J. Price<sup>1,2</sup>  | Emil S. Walsted<sup>3,4</sup>  | Matteo Bonini<sup>5,6</sup>  | John D. Brannan<sup>7</sup>  |  
 Valérie Bougault<sup>8</sup>  | Kai-Håkon Carlsen<sup>9,10</sup>  | Mariana Couto<sup>11</sup>  |  
 Pascale Kippelen<sup>12</sup>  | André Moreira<sup>13,14</sup>  | Helena Pite<sup>15</sup>  | Maia Rukhadze<sup>16</sup>  |  
 James H. Hull<sup>3,17</sup> 

<sup>1</sup>School of Biomedical Sciences, Faculty of Biological Sciences, University of Leeds, Leeds, UK

<sup>2</sup>Leeds Institute of Medical Research at St James's, University of Leeds, Leeds, UK

<sup>3</sup>Department of Respiratory Medicine, Royal Brompton Hospital, London, UK

<sup>4</sup>Department of Respiratory Medicine, Bispebjerg Hospital, Copenhagen, Denmark

<sup>5</sup>Fondazione Policlinico Universitario A. Gemelli – IRCCS, Università Cattolica del Sacro Cuore, Rome, Italy

<sup>6</sup>National Heart and Lung Institute (NHLI), Imperial College London, London, UK

<sup>7</sup>University of Newcastle, Callaghan, Australia

<sup>8</sup>Université Côte d'Azur, LAMHES, Nice, France

<sup>9</sup>Division of Paediatric and Adolescent Medicine, Oslo University Hospital, Oslo, Norway

<sup>10</sup>Faculty of Medicine, University of Oslo, Institute of Clinical Medicine, Oslo, Norway

<sup>11</sup>Allergy Center, CUF Descobertas Hospital, Lisbon, Portugal

<sup>12</sup>Division of Sport, Health and Exercise Sciences, College of Health, Medicine and Life Sciences, Brunel University London, UK

<sup>13</sup>Centro Hospitalar Universitário de São João, Porto, Portugal

<sup>14</sup>Epidemiology Unit (EPIUnit), Laboratory for Integrative and Translational Research in Population Health (ITR), Basic and Clinical Immunology, Department of Pathology, Faculty of Medicine, University of Porto, Porto, Portugal

<sup>15</sup>Allergy Center, CUF Descobertas Hospital and CUF Tejo Hospital, CEDOC, NOVA University, Universidade NOVA de Lisboa, Lisbon, Portugal

<sup>16</sup>Centre of Allergy and Immunology, Tbilisi, Georgia

<sup>17</sup>Institute of Sport, Exercise and Health (ISEH), Division of Surgery and Interventional Science, University College London (UCL), London, UK

## Correspondence

Oliver J. Price, School of Biomedical Sciences, Faculty of Biological Sciences, University of Leeds, Leeds, LS2 9JT, UK.  
 Email: [o.price1@leeds.ac.uk](mailto:o.price1@leeds.ac.uk)

## Funding information

European Academy of Allergy and Clinical Immunology

## Abstract

Allergy and respiratory disorders are common in young athletic individuals. In the context of elite sport, it is essential to secure an accurate diagnosis in order to optimize health and performance. It is also important, however, to consider the potential impact or consequences of these disorders, in recreationally active individuals engaging in structured exercise and/or physical activity to maintain health and well-being across the lifespan. This EAACI Task Force was therefore established, to develop an up-to-date, research-informed position paper, detailing the optimal approach to the diagnosis and management of common exercise-related allergic and respiratory conditions. The recommendations are informed by a multidisciplinary panel of experts

**EAACI Working Group:** Allergy, Asthma and Sports.

**Task Force Chair:** Dr Oliver J. Price.

**Task Force Secretary:** Dr Maia Rukhadze.

This is an open access article under the terms of the [Creative Commons Attribution-NonCommercial-NoDerivs](https://creativecommons.org/licenses/by-nc-nd/4.0/) License, which permits use and distribution in any medium, provided the original work is properly cited, the use is non-commercial and no modifications or adaptations are made.

© 2022 The Authors. *Allergy* published by European Academy of Allergy and Clinical Immunology and John Wiley & Sons Ltd.

including allergists, pulmonologists, physiologists and sports physicians. The report is structured as a concise, practically focussed document, incorporating diagnostic and treatment algorithms, to provide a source of reference to aid clinical decision-making. Throughout, we signpost relevant learning resources to consolidate knowledge and understanding and conclude by highlighting future research priorities and unmet needs.

#### KEYWORDS

allergy, exercise, immunology, physiology, sport

## 1 | INTRODUCTION

Allergy and respiratory disorders are common in young athletic individuals, with an estimated prevalence of up to 40% and 20%, respectively.<sup>1,2</sup> The reason individuals engaging in regular exercise are potentially at greater risk of allergic sensitization remains to be fully established; however, it is thought that an interplay exists between genetic predisposition, neurogenic-mediated inflammation, epithelial sensitivity and environmental factors associated with regular high-intensity exercise.<sup>3-5</sup> These include chronic sustained exercise hyperpnoea and repeated exposure to noxious environmental pollutants or irritants such as chlorine derivatives in swimming pools, cold dry air in winter sports and aeroallergens in outdoor summer sports.<sup>6</sup> Furthermore, prolonged intense exercise, characteristic of certain high-level sports, has been shown to be associated with changes in several parameters of innate and adaptive immunity, including a Th2 shift and transient immunodeficiency, that may contribute to the development of allergic disease (see Kurowski et al.<sup>7</sup>).

In the context of elite sport, it is essential that allergy and respiratory disorders are identified in order to optimize health and performance.<sup>8,9</sup> It is also important, however, to consider the potential impact or consequences of these disorders, in recreationally active individuals, engaging in structured exercise and/or physical activity (i.e., outside the setting of professional or competitive sport) to maintain health and well-being across the lifespan. Indeed, physical inactivity is now recognized as a potential cause of chronic disease,<sup>10</sup> and thus, the importance of controlling allergic and respiratory symptoms and optimizing disease management to help reduce barriers to exercise and physical activity engagement, within the wider general population, should not be overlooked.

The European Academy of Allergy and Clinical Immunology (EAACI) has previously commissioned a comprehensive series of position statements concerning exercise-induced hypersensitivity syndromes in athletes.<sup>11-13</sup> However, these reports were published over a decade ago and screening tools, diagnostic methodologies and treatment strategies have evolved significantly during this period. Specifically, research conducted over the past decade has shed light on the fact that a broad differential diagnosis exists for allergic and respiratory symptoms and that a substantial proportion of individuals have evidence of co-morbid illness; that is conditions often co-exist in the same patient.<sup>14</sup>

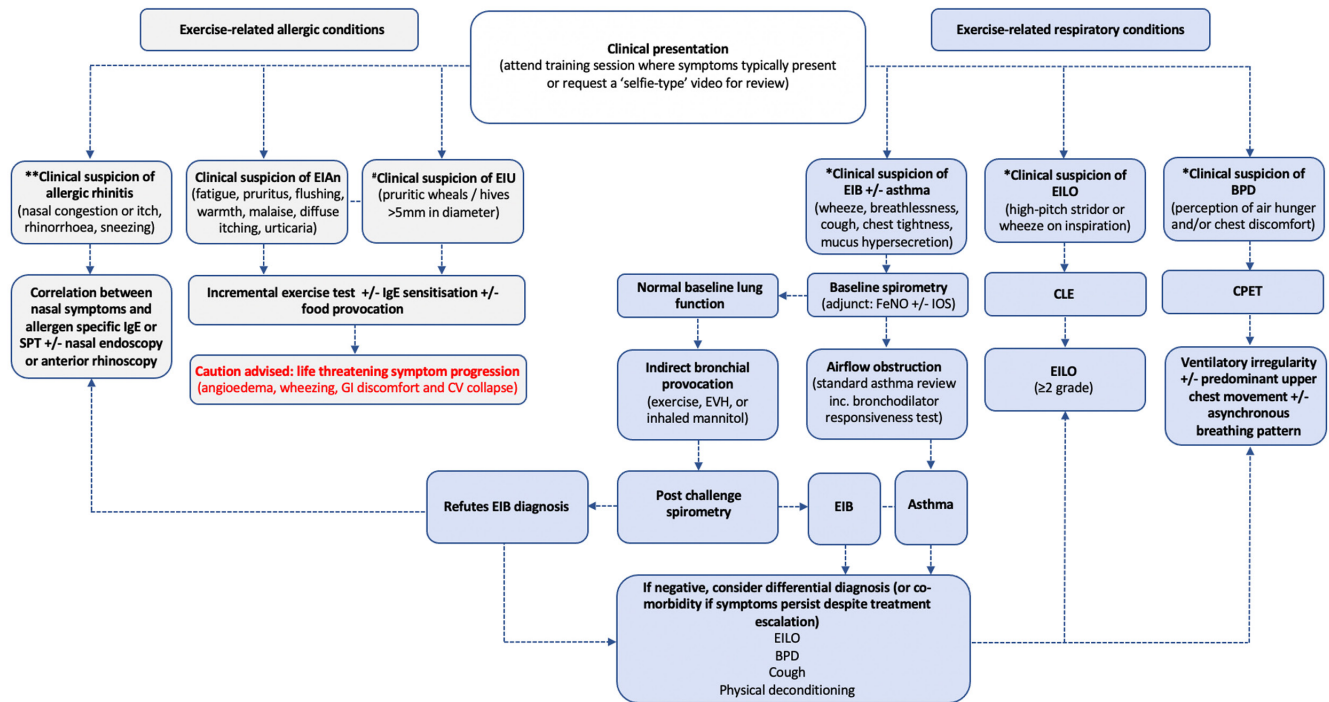
This EAACI Task Force was therefore established, to develop an up-to-date, research-informed position paper, to describe the optimal approach to the diagnosis and management of common exercise-related allergic and respiratory conditions. The recommendations are informed by a multidisciplinary panel of experts including allergists, pulmonologists, physiologists and sports physicians. The report is structured as a concise, practically focussed document, incorporating pragmatic recommendations and diagnostic and treatment algorithms, to provide a source of reference, to aid clinical decision-making. Throughout, we signpost relevant learning resources (i.e., clinical guidelines, practice parameters, review articles and online supplementary materials), to consolidate knowledge and understanding and ensure best practice is upheld and maintained.

### 1.1 | Practical approach to clinical assessment

The evaluation of an individual reporting allergic or respiratory symptoms occurring in association with sport or physical activity should begin with history and examination. From a practical point of view, it is often helpful to evaluate the individual during or post-exercise (i.e., attend a specific training session and environment where symptoms typically present), or alternatively, request a 'selfie-type' video, with appropriate consent, for review.

In the majority of cases, the clinical assessment of a young athletic individual will be normal at rest/when not directly exposed to the relevant allergic stimuli, and thus, specialist provocation tests are required to objectively confirm or refute a diagnosis (Figure 1). It is important to recognize that while some routine tests (e.g., spirometry) are available at most primary care centres, other more advanced diagnostics (e.g., skin prick testing, cardio-pulmonary exercise testing [CPET] and bronchial provocation challenges) will usually require referral to secondary or specialist care.

Clinical presentation, diagnostic methods and non-pharmacological and pharmacological management strategies for the most prevalent allergic and respiratory conditions encountered are shown in Tables 1 and 2 but covered in further detail below. In all cases, the approach to diagnostic work-up and management (i.e., methodologies, protocols, interpretation and treatment strategies) should align with established international guidelines, but with due consideration for the annually updated



**FIGURE 1** Diagnostic algorithm for the assessment of exercise-related allergic and respiratory conditions. #Denotes consider passive warming test to help differentiate cholinergic urticaria; \*denotes consider potential co-morbidity between EIB±asthma, EILO, BPD; \*\*denotes consider potential co-morbidity between allergic rhinitis and EIB±asthma. Asthma (≥12% increase in FEV<sub>1</sub> post bronchodilator); BPD, Breathing pattern disorder; CLE, continuous laryngoscopy during exercise; CPET, cardio-pulmonary exercise testing; CV, cardiovascular; EIAN, exercise-induced anaphylaxis; EIB, exercise-induced bronchoconstriction (≥10% fall in FEV<sub>1</sub> post exercise and EVH or ≥15% fall in FEV<sub>1</sub> from baseline or 10% fall in FEV<sub>1</sub> between two consecutive doses for inhaled mannitol); EILO, exercise-induced laryngeal obstruction; EIU, exercise-induced urticaria; EVH, eucapnic voluntary hyperpnoea; FeNO, fractional exhaled nitric oxide; GI, gastrointestinal; IgE, immunoglobulin E; IOS, impulse oscillometry; SPT, skin prick test.

World Anti-Doping Agency (WADA) regulations, when caring for professional or competitive athletes: [www.wada-ama.org/en/what-we-do/the-prohibited-list](http://www.wada-ama.org/en/what-we-do/the-prohibited-list).<sup>15</sup>

It is important to note that in response to a serious adverse or life-threatening event (e.g., acute asthma exacerbation or severe anaphylactic reaction), the care afforded to an athlete should always adhere to conventional management guidelines. In this scenario, athletes are required to submit a retroactive therapeutic use exemption (TUE) (with supporting documented evidence of the incident) to avoid a potential anti-doping rule violation.

## 2 | DIAGNOSIS AND MANAGEMENT OF ALLERGIC DISEASE

### 2.1 | Allergic rhinitis

The nasal mucosa plays an important role in the context of exercise, in terms of humidifying and warming air and acting as a barrier to encounter and respond to environmental particles such as allergens, pathogens or irritants.<sup>16</sup> Nasal symptoms can arise from either mucosal dysfunction (primarily due to rhinitis) or deformity of the anatomical structures.<sup>16</sup> Allergic inflammation is the most common

cause of chronic rhinitis and responsible for symptoms of nasal obstruction, rhinorrhoea, nasal itch and sneezing.

A recent systematic review reported that the prevalence of allergic rhinitis in athletic individuals ranges between 21% and 56%.<sup>17</sup> It is thought that strenuous exercise may contribute to the development of allergic sensitization, due to a potential shift in T lymphocytes towards type 2 sub-types, following repeated strenuous exercise.<sup>18,19</sup> Other pathophysiological factors include a potential interplay between neurogenic regulation, nasal inflammatory changes induced by heavy exercise, direct epithelial damage and repeated exposure to allergens, cold-air, and noxious environmental pollutants during regular training.<sup>20,21</sup> This theory is supported by the fact that athletic individuals engaging in aquatic and winter-based sports appear to be particularly susceptible.<sup>17</sup>

The diagnosis of allergic rhinitis is typically established from a thorough history implicating an association between symptoms and the environment. The Allergy Questionnaire for Athletes (AQUA) is often employed to identify allergic disease,<sup>22</sup> but a final diagnosis should be based on a clear correlation between typical nasal symptoms and a positive allergen-specific immunoglobulin E (IgE) or skin prick test.<sup>23,24</sup> To confirm nasal inflammation, clinical examination via nasal endoscopy is currently recommended. However, in the scenario nasal endoscopy is unavailable, anterior rhinoscopy is an alternative

TABLE 1 Diagnostic assessment and management strategies for allergy in sport

Allergic disease	Clinical presentation	Diagnostic assessment	Management strategies	
			Non-pharmacological	Pharmacological
Allergic rhinitis	<ul style="list-style-type: none"> <li>Nasal obstruction, rhinorrhoea, nasal itch and sneezing</li> </ul>	<ul style="list-style-type: none"> <li>Clinical history and correlation between nasal symptoms and allergic sensitization</li> <li>Nasal endoscopy or anterior rhinoscopy</li> <li>Nasal cytology to confirm nasal inflammation</li> </ul>	<ul style="list-style-type: none"> <li>Trigger avoidance or preventive strategies (e.g., nose clip in swimmers)</li> <li>Saline nasal douchings</li> <li>Turbinoplasty (considered in medically resistant, reversible nasal obstruction due to turbinate hypertrophy)</li> </ul>	<ul style="list-style-type: none"> <li>Intranasal corticosteroids</li> <li>Antihistamines</li> <li>Antileukotrienes</li> <li>Decongestants</li> <li>Cromoglycates</li> <li>Oral corticosteroids (considered in short courses or in cases of severe therapy-resistant allergic rhinitis)</li> <li>Allergen immunotherapy</li> </ul>
Exercise-induced anaphylaxis	<ul style="list-style-type: none"> <li>Fatigue, pruritus, warmth, flushing and urticaria that can progress to angio-oedema, wheezing, rhinitis, gastrointestinal discomfort and cardiovascular collapse</li> </ul>	<ul style="list-style-type: none"> <li>Incremental exercise test</li> <li>Identification and timing of foods ingested during the preceding 24-h</li> <li>Assessment of IgE sensitization against relevant allergens and an 'exercise ± food' provocation test should be considered</li> </ul>	<ul style="list-style-type: none"> <li>Individuals should learn to recognize their first symptoms and signs of EIAN and immediately discontinue exercise</li> <li>Individuals with EIAN should exercise with someone who is also familiar with the use of an adrenaline autoinjector, to carry a mobile phone, to be near emergency medical facilities and to wear some sort of medical alert identification (e.g., bracelet) detailing the problem</li> <li>Consider avoidance of beta-blockers, angiotensin-converting-enzyme inhibitors, angiotensin-receptor blockers and NSAIDs</li> <li>Avoid specific food allergens for at least 6-h before exercise (FDEIAN)</li> </ul>	<ul style="list-style-type: none"> <li>Acute treatment: Trendelenburg position to facilitate perfusion of vital organs in the face of hypotension and administer adrenaline intramuscularly into the lateral thigh to improve airflow and vascular integrity</li> <li>Once medical emergency personnel become involved, the management of anaphylaxis should align with established guidelines</li> </ul>
Exercise-induced urticaria	<ul style="list-style-type: none"> <li>Pruritic wheals/hives typically &gt;5 mm in diameter (with or without angioedema) that develop during or post-exercise</li> </ul>	<ul style="list-style-type: none"> <li>Incremental exercise test</li> <li>Positive test defined as wheals for 10-min post-test</li> <li>Passive warming test should be conducted 24-h post-exercise to rule-out cholinergic urticaria</li> </ul>	<ul style="list-style-type: none"> <li>Education on symptom recognition (i.e., when to stop exercise) and treatment plan</li> <li>Specific food avoidance pre- and post-exercise in case of food-dependent-EIU</li> </ul>	<ul style="list-style-type: none"> <li>Non-sedative antihistamines (up to 4 times per day in non-responders)</li> </ul>

Abbreviations: EIAN, exercise-induced anaphylaxis; EIU, exercise-induced urticaria; FDEIAN, food-dependent exercise-induced anaphylaxis; IgE, immunoglobulin E; NSAIDs, non-steroidal anti-inflammatory drugs.

TABLE 2 Diagnostic assessment and management strategies for respiratory disorders in sport

Respiratory disorders	Clinical presentation	Diagnostic assessment	Management strategies	
			Non-pharmacological	Pharmacological
Exercise-induced bronchoconstriction	<ul style="list-style-type: none"> <li>• Wheeze, breathlessness, cough, chest tightness, mucus hypersecretion</li> </ul>	<ul style="list-style-type: none"> <li>• Baseline spirometry and bronchodilator responsiveness testing</li> <li>• Presence of resting airway obstruction should prompt a standard asthma review in accordance with international guidelines</li> <li>• Indirect bronchial provocation challenge (exercise testing, EVH, inhaled mannitol) in those with normal resting lung function</li> <li>• Adjunct tests: baseline skin prick testing and FeNO, and IOS pre and post indirect bronchial provocation</li> <li>• Consider co-morbidities: EILO, BPD</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up prior to exercise to induce refractory period</li> <li>• Scarf/snood or heat and moisture exchange mask</li> <li>• Dietary supplementation: Fish oil (i.e., omega-3 PUFA), ascorbic acid, reducing sodium intake</li> </ul>	<ul style="list-style-type: none"> <li>• Daily (pre-exercise) combined low dose ICS + fast acting LABA</li> <li>• Leukotriene receptor antagonists</li> <li>• Anticholinergics</li> <li>• Mast cell stabilizing agents</li> <li>• Allergen immunotherapy in appropriately selected athletes (i.e., akin to the approach adopted in patients with allergic asthma)</li> </ul>
Exercise-induced laryngeal obstruction	<ul style="list-style-type: none"> <li>• High-pitch stridor (whistle) or snoring-type sound on inspiration (sometimes accompanied by throat tightness or cough)</li> <li>• Beta-2-agonist inhalers have no effect</li> </ul>	<ul style="list-style-type: none"> <li>• Continuous laryngoscopy during exercise</li> <li>• Consider co-morbidities: EIB+/- asthma, BPD</li> </ul>	<ul style="list-style-type: none"> <li>• Reassurance that the condition is benign</li> <li>• Breathing re-training via specialist respiratory physiotherapist</li> <li>• Laryngeal control techniques via specialist speech and language therapist</li> <li>• In rare, selected cases referral to ENT for supraglottoplasty</li> </ul>	<ul style="list-style-type: none"> <li>• If applicable, discontinue inappropriate asthma medication and consider stepping down treatment in individuals with confirmed asthma</li> <li>• Anecdotal reports suggest a trial of inhaled anticholinergics to be successful; however, no robust evidence currently exists to support this theory</li> </ul>
Breathing pattern disorder	<ul style="list-style-type: none"> <li>• Excessive breathlessness disproportionate to the level of physical activity undertaken</li> <li>• Perception of 'air hunger' or inability to take a deep or satisfying breath +/- chest discomfort or tightness during exercise</li> </ul>	<ul style="list-style-type: none"> <li>• CPET</li> <li>• Ventilatory irregularity or increased respiratory rate (i.e., mismatch between minute ventilation and metabolic demand)</li> <li>• Predominant upper chest movement (or asynchrony between upper and lower chest)</li> <li>• Audible and/or excessive oral breathing and</li> <li>• slumped posture or rounded shoulders</li> <li>• Consider co-morbidities: asthma ± EIB, nasal and reflux disease, anxiety or mood state disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Physiotherapy-led breathing re-training (progressing from rest to sport-specific tasks)</li> </ul>	<ul style="list-style-type: none"> <li>• Nil relevant</li> </ul>

(Continues)

TABLE 2 (Continued)

Respiratory disorders	Clinical presentation	Diagnostic assessment	Management strategies	
			Non-pharmacological	Pharmacological
Cough and exercise	<ul style="list-style-type: none"> <li>Persistent or troublesome cough during and/or post-exercise</li> </ul>	<ul style="list-style-type: none"> <li>Initial assessment should focus on ruling out underlying allergic or respiratory disease as a potential cause</li> <li>Systematic investigation based on suspected causes with specific attention on the intensity of exercise and training environment</li> </ul>	<ul style="list-style-type: none"> <li>Review and manage as per recommendations in the general population<sup>119</sup></li> </ul>	

Abbreviations: BPD, Breathing pattern disorder; CPET, cardio-pulmonary exercise testing; EILO, exercise-induced laryngeal obstruction; ENT, ear nose and throat; EVH, eucapnic voluntary hyperpnoea; FeNO, fractional exhaled nitric oxide; ICS, inhaled corticosteroid; IOS, impulse oscillometry; LABA, long-acting beta-2-agonist; PUFA, polyunsaturated fatty acids.

widely accessible and easy to perform objective test. Further, nasal cytology is a simple diagnostic method to detect nasal inflammation and provides insight into the phenotypic characteristics of rhinitis.<sup>25</sup> A nasal allergen challenge may also be considered if no correlation is observed between the allergic symptoms (i.e., nasal obstruction, rhinorrhoea, nasal itch and sneezing) and the pattern of sensitization.<sup>26</sup>

In athletic individuals, the approach to treatment should conform with up-to-date clinical guideline recommendations in the general population,<sup>23</sup> yet at the same time, interventions should be tailored according to the individual patient. Simple management strategies include avoidance of triggering allergens by following the four P-s concept (predictive, preventive, personalized, participative) of personalized medicine. A diagnostic algorithm for managing an athlete presenting with nasal symptoms has recently been published which permits a systematic approach to assessment, while considering differential diagnoses (see Hox et al.<sup>16</sup>). The recognition of associated or sub-clinical lower airways disease is also important, given the high concomitance with allergic rhinitis in athletes.<sup>27</sup> Despite its efficacy, it has recently been reported that allergen immunotherapy remains underutilized in athletes<sup>28</sup> and should be recommended more often (particularly in severe cases), on the basis that it is the only disease-modifying treatment option that leads to long-term control.<sup>29</sup>

## 2.2 | Exercise-induced anaphylaxis (and food-dependent exercise-induced anaphylaxis)

Exercise-induced anaphylaxis (EIA) is a rare and potentially fatal syndrome in which anaphylaxis occurs in conjunction with exercise.<sup>30</sup> A sub-group of individuals develop food-dependent exercise-induced anaphylaxis (FDEIA) whereby physical activity follows within hours after ingestion of a food allergen to which the individual is sensitive or in some individuals after ingesting any type of food. Signs and symptoms arise due to massive degranulation of mast cells and include flushing, warmth, malaise, diffuse itching, urticaria, which can

progress to angioedema, wheezing, gastrointestinal discomfort and cardiovascular collapse.<sup>31</sup>

In Europe, the incidence rates for all-cause anaphylaxis range from 1.5 to 7.9 per 100,000 person-year with an estimated 0.3% (95% CI 0.1–0.5) of the population experiencing anaphylaxis at some point during their lives.<sup>32</sup> It is estimated that EIA accounts for approximately 10% of all forms of anaphylaxis,<sup>33</sup> and thus, the incidence rate ranges between 2 and 8 episodes per million person-years.

The pathophysiological mechanisms underpinning EIA have not been fully elucidated (see Ansley et al.<sup>30</sup>). In brief, contributing factors may include the use of aspirin or non-steroidal anti-inflammatory drugs (NSAIDs), severe or uncontrolled asthma, exposure to high pollen levels, insect stings, extreme temperature and/or humidity, or even stress or menses. In the case of FDEIA, the type of foods involved may vary with age, but also with geographical location. The most common foods are gluten antigen from wheat (omega-5 gliadin), shellfish, celery, cow's milk, mite-contaminated wheat flour and peanuts. Typically, in these patients, the synergistic effect of both inducing factors is necessary for the development of anaphylaxis (i.e., FDEIA occurs when exercise is undertaken shortly following the ingestion of a specific food allergen).<sup>34</sup> In this context, it is thought that exercise may modify enzyme and cytokine expression, resulting in altered processing and enhanced immunogenicity of different food allergens. In contrast, co-factor triggered food anaphylaxis refers to a condition whereby additional factors (such as exercise, NSAIDs or alcohol consumption) facilitate and promote the reaction. In co-factor triggered food anaphylaxis, allergic reactions are often more severe and/or have a lower allergen threshold.<sup>34</sup>

Anaphylaxis should be diagnosed in accordance with the clinical consensus criteria recently described in the EAACI anaphylaxis guideline.<sup>35</sup> Exercise and the identification and timing of foods ingested in the hours preceding exercise should be noted in the history and an assessment of IgE sensitization against relevant allergens performed. An exercise test-with-or-without food provocation may be considered in centres with expertise in the management of this condition. The differential diagnosis includes cardiac and



respiratory diseases along with appropriate tests (e.g., electrocardiography, echocardiogram, spirometry and gas transfer). Periodic re-evaluation for loss of sensitivity to food and/or exercise is recommended, as the natural history of FDEIAn is often unpredictable.

The management of EIAAn and FDEIAn includes both preventive and treatment measures. In the case of FDEIAn, specific food allergens should be avoided for at least 6-h before exercise. When FDEIAn occurs after ingestion of any food, an abstinence interval of 2-4-h is generally adequate, but individual variation is considerable.<sup>13</sup> Avoidance of beta-blockers, angiotensin-converting-enzyme inhibitors and angiotensin-receptor blockers should be considered, as these drugs may increase the severity of anaphylaxis. Aspirin and NSAIDs, which increase gastrointestinal permeability, should also be avoided. In addition, it is advisable to deliver a personalized emergency plan such as wearing an identifying medical alert device and undertaking exercise with a trained companion who is aware of the risk and can support management.

Acute treatment measures should aim to ameliorate cardiovascular and respiratory manifestations. Patients should learn to identify their first symptoms and signs of EIAAn and immediately stop exercise. Furthermore, they should learn to assume the Trendelenburg position (i.e., supine with their head declined below their feet at an angle of approximately sixteen degrees) in the face of hypotension and self-administer adrenaline intramuscularly into the lateral thigh to improve airflow and vascular integrity. Once medical emergency personnel become involved, the management of anaphylaxis should proceed according to established guidelines (see de Silva et al.<sup>35</sup>).

### 2.3 | Exercise-induced urticaria (and other activity-related sub-types)

Exercise-induced urticaria (EIU) is considered when physical activity leads to the development of pruritic wheals/hives (with or without angioedema), which typically disappear within a maximum of 24-h without residual lesions.<sup>13,36</sup> It is possible to distinguish between 'classical' EIU from the far more common cholinergic urticaria; a different condition that also occurs in association with exercise,<sup>13,36,37</sup> but appears within minutes after the elevation of body temperature, regardless of whether the heating is passive (e.g., hot shower) or active (exercise). In addition, cholinergic urticaria typically results in wheals with a diameter less than 5mm, whereas those associated with EIU are usually substantially larger (Figure 2) and evolution to anaphylaxis is more frequently observed.

Similar to EIAAn, milder reactions have been described as food-dependent exercise-induced urticaria/angioedema.<sup>38</sup> Other activity-related urticaria sub-types include (i) dermatographic urticaria occurring in response to shearing forces such as rubbing, (ii) cold or heat-induced urticaria (most often observed in aquatic or winter-based athletes), (iii) delayed pressure urticaria as a result of tightly fitted clothing or compression garments, (iv) vibratory urticaria which can occur in road-cyclists, (v) solar urticaria precipitated by ultraviolet and/or visible light, and (vi) contact urticaria

in response to a substance that predisposes a wheal reaction.<sup>36,39</sup> Although several urticarial sub-types may simultaneously co-exist, there currently remain limited data concerning the prevalence of 'classical' EIU.

A clinical history of wheals (with or without angioedema) developing after vigorous (or sometimes low-intensity exercise) is often clear. Incremental exercise testing should be performed to confirm a diagnosis of EIU<sup>36</sup> (although caution is advised as the condition can rapidly progress to anaphylaxis). A passive warming test can be conducted to help differentiate cholinergic urticaria. In cases where EIU is associated with the ingestion of food, evaluation of IgE-specific mechanisms should be performed as per EIAAn guidelines detailed above.

Treatment with non-sedating H1 antihistamines should be the first-choice symptomatic therapy in EIU, with up-dosing up to four times the standard daily dose in non-responders.<sup>13,40</sup> It is important to stress, however, that this does not necessarily prevent the progression to EIAAn. Other preventive treatments lack a robust evidence-based recommendation. Management of other inducible urticarias has previously been revised (see Magerl et al.<sup>36</sup>).

## 3 | DIAGNOSIS AND MANAGEMENT OF RESPIRATORY DISORDERS

### 3.1 | Exercise-induced bronchoconstriction

Exercise-induced bronchoconstriction (EIB), in the presence or absence of clinical asthma, refers to the transient narrowing of the lower airways that occurs during, or most commonly following exercise.<sup>41,42</sup> The condition is a key indicator of uncontrolled asthma and often one of the first signs of asthma in children, however, also presents as a distinct clinical entity in approximately one in five otherwise healthy athletic individuals.<sup>2</sup>

It is thought that exercise hyperpnoea precipitates EIB by inducing osmotic changes at the distal airway surface, which causes inflammatory mediator release (e.g., histamine, prostaglandin-D<sub>2</sub> and cysteinyl leukotrienes) from resident, osmotic-sensitive inflammatory cells (e.g., mast cells and eosinophils).<sup>43-45</sup> In individuals with hyper-reactive airways, this inflammatory response ultimately leads to airway smooth muscle contraction and the development of expiratory airflow limitation.<sup>46</sup> In athletes, late-onset EIB (>25 years of age) is common, as repeated sustained exercise hyperpnoea is thought to cause 'airway injury', rendering the airway smooth muscle hypersensitive.<sup>47</sup> However, rather than the traditional type 2 high asthma phenotype, athletes (particularly those participating in aquatic and winter-based sports) often develop a specific 'sport asthma' or non-atopic phenotype.<sup>48</sup>

The diagnosis of EIB is clinically challenging due to the poor predictive value of self-report respiratory symptoms<sup>49-51</sup> and broad differential diagnosis.<sup>52</sup> However, when athletes report typical 'asthma-like' symptoms (i.e., wheeze, breathlessness, cough, chest tightness and mucus hypersecretion), conducting spirometry is



(A)



(B)



**FIGURE 2** Case study example of exercise-induced urticaria in a recreationally active 24-year-old male footballer: (A) upper body; (B) lower back (wheal diameter >5 mm).

recommended.<sup>53</sup> The presence of resting airway obstruction (lower limit of normal defined as  $-1.64$  Z scores [the lower 5th centile]<sup>54</sup>) should prompt a standard asthma review in accordance with international guidelines.<sup>55,56</sup>

In those with normal resting lung function and negative bronchodilator responsiveness test, a form of indirect bronchial provocation (i.e., exercise testing, eucapnic voluntary hyperpnoea [EVH] or inhaled mannitol) is recommended to secure a diagnosis.<sup>41,42,57</sup> Despite a lack of consensus regarding the gold-standard methodology and concerns regarding diagnostic cut-off criteria,<sup>58,59</sup> it is widely recognized that EVH offers excellent negative predictive value and is thus considered the optimal approach to detect EIB in highly trained or elite level athletes.<sup>60,61</sup>

A positive diagnosis is typically defined as a pre-post challenge (exercise or EVH) reduction in lung function (i.e.,  $\geq 10\%$  fall in  $FEV_1$ ), with EIB severity classified according to the fall in  $FEV_1$ : mild ( $\geq 10$  to  $< 25\%$  fall in  $FEV_1$ ), moderate ( $\geq 25$  to  $< 50\%$  fall in  $FEV_1$ ) and severe ( $\geq 50\%$  fall in  $FEV_1$ ).<sup>41,42</sup> However, EIB can be a highly variable condition; thus, from a practical perspective, testing should be conducted 'in-season' (i.e., the competitive phase of a sporting season),<sup>55</sup> taking into account environmental conditions (particularly in pollen-sensitized athletes).<sup>62,63</sup> Furthermore, in athletes with mild EIB or a borderline airway response, a single bronchial provocation test is associated with poor test-retest repeatability, and thus, more than one test may therefore need to be performed to avoid misdiagnosis.<sup>64-66</sup>

Due to the aforementioned challenges, several adjunct tests may be considered during diagnostic work-up to aid

clinical decision-making. Firstly, it has recently been reported that the AQUA questionnaire offers good sensitivity and thus may have utility to rule out a diagnosis when screening large athletic squads.<sup>67</sup> Secondly, given the strong association between atopy and bronchial hyper-responsiveness (BHR) in athletes,<sup>62</sup> testing for allergic sensitization via skin prick testing may also be a useful predictive tool. Thirdly, resting fractional exhaled nitric oxide (FeNO) (an indirect biomarker of type 2 inflammation asthma, signalling activation of IL-4/IL-13 pathway) may offer value in detecting EIB and/or monitoring the response to ICS therapy (established FeNO thresholds indicating raised eosinophilic inflammation: intermediate  $\geq 25$  ppb) and high  $> 50$  ppb).<sup>68,69</sup> Finally, impulse oscillometry (IOS) (a non-effort dependent lung function test designed to assess airway mechanics via random pressure pulses superimposed over tidal breathing) may offer utility as a supplement to spirometry in those with mild or borderline EIB. Specifically, IOS has previously been reported to provide greater sensitivity to change in airway calibre in comparison with spirometry when employed in conjunction with indirect bronchial provocation.<sup>70-73</sup>

Historically, the administration of a short-acting beta-2-agonist (SABA) prior to exercise has been considered an effective method of protecting against bronchospasm.<sup>74</sup> However, it is now recognized that regular beta-2-agonists therapy can lead to tachyphylaxis and loss of bronchoprotection during exercise,<sup>75,76</sup> and excessive use (i.e., multiple times per day) is also associated with an increased risk of severe exacerbation and asthma-related deaths.<sup>77,78</sup> In light of these concerns, the Global Initiative for Asthma (GINA) now opposes the use of SABA in isolation and instead recommends 'as-needed' (i.e., symptom-driven) or a daily combined low dose of ICS+fast long-acting beta-2-agonist (LABA) as first-line therapy.<sup>55</sup> This approach has previously been shown to be effective in reducing the severity of EIB in adults with clinical asthma.<sup>79</sup>

Other effective pharmacological therapies for EIB include leukotriene receptor antagonists,<sup>80,81</sup> anticholinergics<sup>82</sup> and mast cell stabilizing agents.<sup>83</sup> Allergen immunotherapy may also be considered as a potential therapeutic option in appropriately selected athletes (i.e., akin to the approach currently adopted in patients with allergic asthma) and should align with recommendations in the general population.<sup>84</sup> Non-pharmacological strategies include warm-up prior to exercise which is estimated to be effective in approximately half of individuals with EIB.<sup>85,86</sup> Dietary supplementation with fish oil (i.e., omega-3 poly unsaturated fatty acids),<sup>87,88</sup> or ascorbic acid<sup>89</sup> and reduction in sodium intake<sup>90</sup> can also be considered as adjuncts to pharmacological intervention and should be discussed with athletes. Likewise, when exercising in cold weather, wearing a scarf/snood or heat and moisture exchange mask may help to reduce the severity of EIB.<sup>91,92</sup>

### 3.2 | Exercise-induced laryngeal obstruction

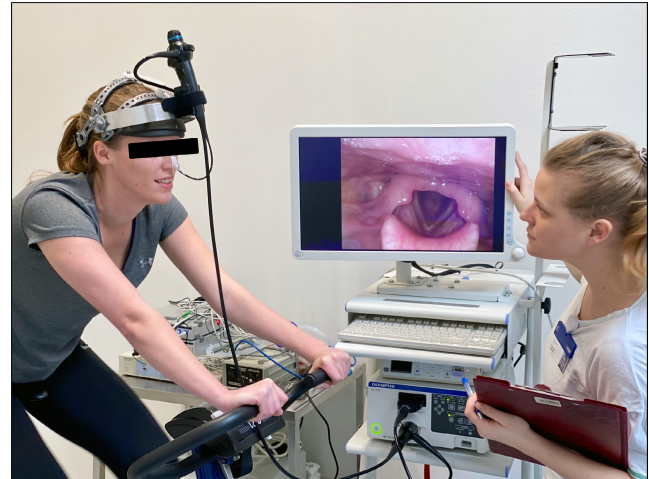
Exercise-induced laryngeal obstruction (EILO) is a condition characterized by temporary closure of the larynx (upper airway)

precipitating stridor and breathlessness on exertion,<sup>93,94</sup> thereby acting to mimic asthma.<sup>95</sup> EILO is estimated to impact approximately 5–7% of adolescents and young adults in the general population (with a two-fold higher incidence in females)<sup>96,97</sup> and up to 30% of athletic individuals referred with respiratory symptoms.<sup>52</sup> In addition, there is also now evolving appreciation that EILO can co-exist in patients with asthma, with recent reports indicating a prevalence of up to one in four people with asthma,<sup>98–100</sup> thus complicating diagnostic precision and confounding assessment of treatment response.

The cause of EILO currently remains unclear; however, it is probable that an interplay exists between several pathophysiological mechanisms. These include mechanical insufficiency due to pressure changes across the laryngeal inlet during exercise and/or inadequacy or laxity of muscles, ligaments or laryngeal cartilage, and/or inappropriate neural reflex control due to direct mechanical or chemical stimulation (e.g., cold-air, aeroallergen and pollutants) of sensory nerve endings (see Halvorsen et al.<sup>94</sup>). Clinical features of EILO include dyspnoea, cough and stridor (i.e., high-pitched whistle on inspiration) that typically occur during high or peak exercise intensity and dissipate rapidly with recovery.<sup>93</sup> For that reason, audio recordings or 'selfie-type' videos have been proposed to offer value in this setting to inform diagnostic work-up and guide referral pathways.<sup>101</sup> Although the assessment of an individual with suspected EILO should begin by obtaining a detailed clinical history, self-reported respiratory symptoms (particularly when employed in isolation) offer limited diagnostic precision (i.e., mimic or overlap with typical symptoms of asthma or EIB) and often lead to misdiagnosis and/or inappropriate treatment with asthma medications.<sup>102</sup>

The gold-standard method to confirm a diagnosis of EILO is continuous laryngoscopy during exercise (CLE)<sup>103</sup>; a technique that involves flexible nasendoscopy, to allow visualization of the laryngeal structures during exercise, usually performed in a laboratory setting (Figure 3). Although the optimal CLE protocol has yet to be established, exercise intensity should be sufficiently intense to provoke symptoms and/or achieve peak aerobic capacity,<sup>94</sup> and the exercise modality should ideally resemble the real-life situation where the patient's symptoms present. To improve ecological validity, it has been suggested that 'field-based' CLE testing may be a suitable and viable alternative.<sup>104,105</sup> Although there is no validated scoring system that differentiates between normal and abnormal responses, EILO severity and sub-type can be graded as mild, moderate or severe<sup>1–3</sup> relative to changes to the glottic or supraglottic aperture (i.e., clinically significant EILO is graded as  $\geq 2$ ).<sup>106</sup> It is important to note, however, that concerns have been raised regarding both the inter- and intrater agreement of the EILO visual grading scoring system.<sup>107</sup>

Breathing re-training and laryngeal control techniques are typically considered first-line therapy for people with confirmed glottic-predominant EILO and result in significant improvements in laryngeal obstruction in approximately 60% of cases.<sup>108</sup> It is also important that any other factors that potentially contribute to upper airway irritation and co-morbidities (e.g., asthma, EIB, nasal and reflux disease) are appropriately managed. For individuals that are



**FIGURE 3** Continuous laryngoscopy during exercise. The laryngoscope is placed in situ and secured to a headset via a facemask. The screen provides real-time feedback of the structural and functional behaviour of the larynx in response to incremental exercise.

non-responsive to therapy or have evidence of severe supraglottic collapse and debilitating symptoms, surgical intervention via laser supraglottoplasty has been shown to be a suitable and effective option in selected cases.<sup>109</sup> Inspiratory muscle training has been suggested as potential therapy for EILO, but the efficacy remains unclear on the basis that laryngeal closure has been shown to worsen post-inspiratory muscle training in some individuals.<sup>110</sup> The apparent effect mainly on glottic closure suggests a mechanism of action similar to that of laryngeal control techniques, rather than a benefit from increased respiratory muscle strength. The exercise-induced laryngeal obstruction dyspnoea index (EILODI) is a recently validated patient-reported outcome measure that can be employed to evaluate the efficacy of treatment interventions and change in clinical status over time.<sup>111</sup>

### 3.3 | Breathing pattern disorder

It is now increasingly recognized that respiratory symptoms may arise from a breathing pattern disorder (BPD) (defined as an alteration in the normal biomechanical pattern of breathing that can result in intermittent or chronic symptoms).<sup>112,113</sup> This maladaptive breathing pattern typically occurs during peak exercise but may also present variably during lower intensity activities. BPD has been reported to occur in approximately 10% of the general population, with a significantly higher incidence in females, and up to 30% of people with asthma.<sup>114</sup>

Clinical features of BPD include excessive breathlessness that is disproportionate to the level of physical activity undertaken. Other typical symptoms include 'air hunger' (i.e., the inability to take a deep, satisfying breath) and/or chest discomfort or tightness (typically exacerbated by either physiological or psychological stress<sup>113</sup>). A reliable objective method for detecting BPD is currently lacking<sup>112</sup>

TABLE 3 Other pathological and non-pathological causes of respiratory symptoms

	Clinical presentation	Diagnostic assessment	Management strategies	
			Non-pharmacological	Pharmacological
<b>Other pathological causes of respiratory symptoms</b>				
Large airway collapse	<ul style="list-style-type: none"> <li>• Malacia/honking cough</li> <li>• Recurrent infections</li> <li>• Unexplained expiratory wheeze</li> </ul>	<ul style="list-style-type: none"> <li>• Dynamic CT or bronchoscopy with forced expiration<sup>121</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Physiotherapy to optimize airway clearance and breathing pattern<sup>122</sup></li> <li>• May benefit from pneumatic splinting with positive pressure in severe cases, but not likely to be possible in an athletic setting</li> </ul>	<ul style="list-style-type: none"> <li>• Nil relevant</li> </ul>
Pulmonary embolism	<ul style="list-style-type: none"> <li>• Pleuritic chest pain</li> <li>• Haemoptysis</li> <li>• Sudden onset dyspnoea</li> <li>• Possible DVT</li> </ul>	<ul style="list-style-type: none"> <li>• Dedicated chest imaging with contrast; that is CTPA.</li> </ul>	<ul style="list-style-type: none"> <li>• Nil relevant</li> </ul>	<ul style="list-style-type: none"> <li>• Anti-coagulation as per international guidance</li> </ul>
Pneumothorax	<ul style="list-style-type: none"> <li>• Sudden onset dyspnoea with unilateral pleuritic chest pain</li> </ul>	<ul style="list-style-type: none"> <li>• Chest image showing air in pleural space</li> </ul>	<ul style="list-style-type: none"> <li>• Review and manage as per international guidelines</li> <li>• Counsel regarding risk of recurrence</li> </ul>	
Anaemia	<ul style="list-style-type: none"> <li>• Malaise, fatigue, history of blood loss or prior anaemia</li> <li>• Symptoms which are predictable and worsen on exertion</li> </ul>	<ul style="list-style-type: none"> <li>• Bloods showing low Hb</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and treat cause</li> </ul>	<ul style="list-style-type: none"> <li>• Iron supplementation, as indicated</li> </ul>
Swimming-induced pulmonary oedema	<ul style="list-style-type: none"> <li>• Acute onset dyspnoea during swimming with clinical features of heart failure, inc. productive cough of white/blood-stained secretions</li> <li>• Audible crackles on auscultation</li> </ul>	<ul style="list-style-type: none"> <li>• CXR may show bilateral infiltrates</li> </ul>	<ul style="list-style-type: none"> <li>• Investigate to detect any underlying cardiorespiratory issues, inc. cardiac dysfunction and hypertension, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Sildenafil may be appropriate, initiated in specialist centre<sup>123</sup></li> </ul>
<b>Non-pathological causes of respiratory symptoms</b>				
Physical deconditioning	<ul style="list-style-type: none"> <li>• Exercise limitation +/- dyspnoea</li> </ul>	<ul style="list-style-type: none"> <li>• BMI and waist circumference</li> <li>• CPET</li> </ul>	<ul style="list-style-type: none"> <li>• Lifestyle modification: diet, exercise training and physical activity promotion</li> </ul>	<ul style="list-style-type: none"> <li>• Nil relevant</li> </ul>

Abbreviations: BMI, body mass index; CPET, cardio-pulmonary exercise testing; CT, computerized tomography; CTPA, computerized tomography pulmonary angiography; CXR, chest X-ray; DVT, deep vein thrombosis; Hb, haemoglobin.

and thus diagnostic work-up typically involves the exclusion and/or treatment optimization of a pathological problem combined with the positive identification of several distinct ventilatory abnormalities.<sup>115</sup>

It is logical to assess BPD at rest, and when symptomatic, CPET can reveal distinct abnormalities.<sup>115,116</sup> Alternatively, sports-specific, or field-based testing in athletes may improve specificity to help confirm or refute a diagnosis. The most common signs of BPD during exercise include ventilatory irregularity or increased respiratory rate (i.e., mismatch between minute ventilation and metabolic demand),

predominant upper chest movement (or asynchrony between upper and lower chest), audible and/or excessive oral breathing, and slumped posture or rounded shoulders.<sup>117</sup> The most effective treatment option for BPD currently includes physiotherapy-led breathing re-training that should progress from rest to sports-specific tasks.<sup>118</sup> The presence of other co-existing conditions that can contribute to BPD (e.g., asthma, EIB, nasal and reflux disease, anxiety, or mood state disorders) should also be considered and managed appropriately.

### 3.4 | Cough and exercise

Cough is frequently reported by athletic individuals during and/or post-exercise.<sup>119</sup> The presence of exercise-related cough is typically taken to indicate underlying asthma or EIB. However, in many cases, athletic individuals reporting cough do not have objective evidence of BHR or heightened airway inflammation,<sup>120</sup> thus suggesting a more generalized cough hypersensitivity process. Furthermore, there is now improved recognition that cough is a common symptom in other prevalent airway disorders, such as EILO.<sup>52</sup>

In contrast to problematic cough in the general population, exercise-related cough is typically associated with sport-specific environmental exposures (i.e., aeroallergen, irritants and pollutants) and occurs most frequently following high-intensity exercise.<sup>119</sup> Despite several studies evaluating the impact of exercise on cough, there currently remains a paucity of data regarding the optimal approach to diagnostic work-up and treatment. It remains the case that individuals presenting with exercise-related cough should undergo assessment to rule out allergic or asthma-related causes, but due consideration should also be given for a potential contribution from airway reflux, nasal disease and/or a generalized hypersensitivity process.<sup>119</sup> Following an initial assessment, a systematic investigation based on suspected causes of cough should follow, with specific attention to the sporting discipline (i.e., exercise mode and intensity) and training environment.<sup>119</sup> Due to the lack of research in the area, exercise-related cough should be reviewed and managed as per recommendations in the general population (see Boulet et al.<sup>119</sup>).

### 3.5 | Other pathological and non-pathological causes of respiratory symptoms

The cause of respiratory symptoms (e.g., breathlessness) in young athletic individuals is broad and thus differential diagnoses should be considered when common conditions have been ruled out and/or if the patient remains refractory to standard treatment. This should include consideration for cardiac disease, but other relevant, less common respiratory-related pathological conditions, such as large airway collapse, pulmonary embolism, pneumothorax, anaemia, swimming-induced pulmonary oedema (SIPE) should also be considered. Non-pathological issues such as obesity ± physical deconditioning may also contribute to an increased work of breathing and/or heightened perception of breathlessness (Table 3).

## 4 | SUMMARY: FUTURE RESEARCH AND UNMET NEEDS

The diagnosis of allergy and respiratory disorders in sport can be difficult and confounded by the poor precision of a standard clinical approach to diagnosis, and thus, objective testing is required to facilitate assessment in order to optimize management. It remains

apparent, however, that many of the diagnostic methods detailed in this position paper are currently only available at specialist centres, which precludes widespread implementation. To advance knowledge and understanding and improve the overall care afforded to athletes and recreationally active individuals with exercise-related allergic and respiratory conditions, future research should focus on:

- Developing simple, cost-effective, non-invasive screening tools (e.g., wearable ambulatory technologies and disease-specific smartphone applications) to aid diagnostic work-up inform referral pathways and monitor response to therapeutic intervention.
- Establishing an international registry or collaborative research network to conduct epidemiological studies to evaluate global prevalence estimates and identify relevant risk factors and high-risk groups.
- Reaching widespread consensus regarding optimal diagnostic methodologies and interpretation, with consideration for test protocols and cut-off criteria, according to specific conditions and clinical populations.
- Conducting robust multicentre trials with established protocols and clinical endpoints to evaluate underpinning pathophysiological mechanisms (according to specific disease sub-types and severity) and efficacy of preventative strategies and novel therapeutic interventions.
- Evaluating the impact of allergy and respiratory disorders on physical activity and exercise engagement and how this associates with general health and well-being across the lifespan.

### ACKNOWLEDGMENTS

The authors would like to thank Dr Marcin Kurowski for providing the exercise-induced urticaria case study photographs and the EAACI ExCom for supporting this initiative.

### FUNDING INFORMATION

European Academy of Allergy and Clinical Immunology.

### CONFLICT OF INTEREST

OP, EW, MB, VB, MC, PK, AM, HP, MR and JH have no real or perceived conflict of interest in respect to this manuscript. JB receives 10% of royalties for the sale of the mannitol bronchial provocation test (AridolTM/OsmohaleTM) in jurisdictions other than Australia.

### GUARANTOR STATEMENT

OP confirms responsibility for the content of the manuscript on behalf of all EAACI Task Force members.










### IN MEMORIAM

The authors wish to dedicate this position paper to the memory of our friend and colleague, Professor Kai-Håkon Carlsen, who sadly passed away in September 2021.

### ORCID

Oliver J. Price  <https://orcid.org/0000-0001-8596-4949>



Emil S. Walsted  <https://orcid.org/0000-0002-6640-7175>  
 Matteo Bonini  <https://orcid.org/0000-0002-3042-0765>  
 John D. Brannan  <https://orcid.org/0000-0001-7243-7998>  
 Valérie Bougault  <https://orcid.org/0000-0002-2258-6562>  
 Kai-Håkon Carlsen  <https://orcid.org/0000-0002-3026-8521>  
 Mariana Couto  <https://orcid.org/0000-0003-4987-9346>  
 Pascale Kippelen  <https://orcid.org/0000-0002-8443-0248>  
 André Moreira  <https://orcid.org/0000-0002-7294-9296>  
 Helena Pite  <https://orcid.org/0000-0002-7300-928X>  
 Maia Rukhadze  <https://orcid.org/0000-0002-1413-8161>  
 James H. Hull  <https://orcid.org/0000-0003-4697-1526>

## REFERENCES

- Robson-Ansley P, Howatson G, Tallent J, et al. Prevalence of allergy and upper respiratory tract symptoms in runners of the London marathon. *Med Sci Sports Exerc.* 2012;44(6):999-1004.
- Price OJ, Sewry N, Schweltnus M, et al. Prevalence of lower airway dysfunction in athletes: a systematic review and meta-analysis by sub-group 4 of the IOC consensus group on "acute respiratory illness in the athlete". *Br J Sports Med.* 2022;56(4):213-222.
- Couto M, Kurowski M, Moreira A, et al. Mechanisms of exercise-induced bronchoconstriction in athletes: current perspectives and future challenges. *Allergy.* 2018;73(1):8-16.
- Silva D, Moreira A. The role of sports and exercise in allergic disease: drawbacks and benefits. *Expert Rev Clin Immunol.* 2015;11(9):993-1003.
- Bougault V, Turmel J, St-Laurent J, Bertrand M, Boulet LP. Asthma, airway inflammation and epithelial damage in swimmers and cold-air athletes. *Eur Respir J.* 2009;33(4):740-746.
- Price OJ, Ansley L, Menzies-Gow A, Cullinan P, Hull JH. Airway dysfunction in elite athletes - an occupational lung disease? *Allergy.* 2013;68(11):1343-1352.
- Kurowski M, Seys S, Bonini M, et al. Physical exercise, immune response, and susceptibility to infections-current knowledge and growing research areas. *Allergy.* 2022. doi:10.1111/all.15328
- Price OJ, Hull JH. Asthma in elite athletes: who cares? *Clin Pulm Med.* 2014;21(2):68-75.
- Price OJ, Hull JH, Backer V, Hostrup M, Ansley L. The impact of exercise-induced bronchoconstriction on athletic performance: a systematic review. *Sports Med.* 2014;44(12):1749-1761.
- Katzmarzyk PT, Friedenreich C, Shiroma EJ, Lee IM. Physical inactivity and non-communicable disease burden in low-income, middle-income and high-income countries. *Br J Sports Med.* 2021;56(2):101-106.
- Carlsen KH, Anderson SD, Bjermer L, et al. Exercise-induced asthma, respiratory and allergic disorders in elite athletes: epidemiology, mechanisms and diagnosis: part I of the report from the Joint Task Force of the European Respiratory Society (ERS) and the European Academy of Allergy and Clinical Immunology (EAACI) in cooperation with GA2LEN. *Allergy.* 2008;63(4):387-403.
- Carlsen KH, Anderson SD, Bjermer L, et al. Treatment of exercise-induced asthma, respiratory and allergic disorders in sports and the relationship to doping: part II of the report from the Joint Task Force of European Respiratory Society (ERS) and European Academy of Allergy and Clinical Immunology (EAACI) in cooperation with GA(2)LEN. *Allergy.* 2008;63(5):492-505.
- Schwartz LB, Delgado L, Craig T, et al. Exercise-induced hypersensitivity syndromes in recreational and competitive athletes: a PRACTALL consensus report (what the general practitioner should know about sports and allergy). *Allergy.* 2008;63(8):953-961.
- Hull JH, Jackson AR, Ranson C, Brown F, Wootten M, Loosemore M. The benefits of a systematic assessment of respiratory health in illness-susceptible athletes. *Eur Respir J.* 2021;57(6):2003722.
- World Anti-Doping Agency. [www.wada-ama.org/en/what-we-do/the-prohibited-list](http://www.wada-ama.org/en/what-we-do/the-prohibited-list).
- Hox V, Beyaert S, Bullens D, et al. Tackling nasal symptoms in athletes: moving towards personalized medicine. *Allergy.* 2021;76(9):2716-2729.
- Surda P, Walker A, Putala M, Siarnik P. Prevalence of rhinitis in athletes: systematic review. *Int J Otolaryngol.* 2017;2017:8098426-8098425.
- Lakier SL. Overtraining, excessive exercise, and altered immunity: is this a T helper-1 versus T helper-2 lymphocyte response? *Sports Med.* 2003;33(5):347-364.
- Steensberg A, Toft AD, Bruunsgaard H, Sandmand M, Halkjaer-Kristensen J, Pedersen BK. Strenuous exercise decreases the percentage of type 1 T cells in the circulation. *J Appl Physiol (1985).* 2001;91(4):1708-1712.
- Jones AS. Autonomic reflexes and non-allergic rhinitis. *Allergy.* 1997;52(36 Suppl):14-19.
- Müns G, Rubinstein I, Singer P. Neutrophil chemotactic activity is increased in nasal secretions of long-distance runners. *Int J Sports Med.* 1996;17(1):56-59.
- Jonckheere AC, Seys SF, Dilissen E, et al. AQUA. *Pediatr Allergy Immunol.* 2018;29(6):648-650.
- Bousquet J, Schünemann HJ, Togias A, et al. Next-generation Allergic Rhinitis and Its Impact on Asthma (ARIA) guidelines for allergic rhinitis based on Grading of Recommendations Assessment, Development and Evaluation (GRADE) and real-world evidence. *J Allergy Clin Immunol.* 2020;145(1):70-80.e3.
- Bousquet J, Heinzerling L, Bachert C, et al. Practical guide to skin prick tests in allergy to aeroallergens. *Allergy.* 2012;67(1):18-24.
- Gelardi M, Iannuzzi L, Quaranta N, Landi M, Passalacqua G. NASAL cytology: practical aspects and clinical relevance. *Clin Exp Allergy.* 2016;46(6):785-792.
- Augé J, Vent J, Agache I, et al. EAACI Position paper on the standardization of nasal allergen challenges. *Allergy.* 2018;73(8):1597-1608.
- Bonini S, Bonini M, Bousquet J, et al. Rhinitis and asthma in athletes: an ARIA document in collaboration with GA2LEN. *Allergy.* 2006;61(6):681-692.
- Dao VA, Acikel C, Shah-Hosseini K, Vent J, Raskopf E, Mösges R. Inadequate knowledge of allergen immunotherapy among athletes with allergic rhinitis: a post hoc analysis. *Allergy.* 2019;74(12):2508-2511.
- Roberts G, Pfaar O, Akdis CA, et al. EAACI guidelines on allergen immunotherapy: allergic rhinoconjunctivitis. *Allergy.* 2018;73(4):765-798.
- Ansley L, Bonini M, Delgado L, et al. Pathophysiological mechanisms of exercise-induced anaphylaxis: an EAACI position statement. *Allergy.* 2015;70(10):1212-1221.
- Geller M. Clinical management of exercise-induced anaphylaxis and cholinergic urticaria. *J Allergy Clin Immunol Pract.* 2020;8(7):2209-2214.
- Nwaru BI, Hickstein L, Panesar SS, et al. Prevalence of common food allergies in Europe: a systematic review and meta-analysis. *Allergy.* 2014;69(8):992-1007.
- Du Toit G. Food-dependent exercise-induced anaphylaxis in childhood. *Pediatr Allergy Immunol.* 2007;18(5):455-463.
- Christensen MJ, Eller E, Kjaer HF, Broesby-Olsen S, Mortz CG, Bindslev-Jensen C. Exercise-induced anaphylaxis: causes, consequences, and management recommendations. *Expert Rev Clin Immunol.* 2019;15(3):265-273.
- de Silva D, Singh C, Muraro A, et al. Diagnosing, managing and preventing anaphylaxis: systematic review. *Allergy.* 2021;76(5):1493-1506.
- Magerl M, Borzova E, Giménez-Arnau A, et al. The definition and diagnostic testing of physical and cholinergic urticarias - EAACI/GA2LEN/EDF/UNEV consensus panel recommendations. *Allergy.* 2009;64(12):1715-1721.

37. Zuberbier T, Abdul Latiff AH, Abuzakouk M, et al. The international EAACI/GA<sup>2</sup>LEN/EuroGuiDerm/APAAACI guideline for the definition, classification, diagnosis, and management of urticaria. *Allergy*. 2021;4:155.
38. Kobayashi T, Ito T, Kawakami H, et al. Eighteen cases of wheat allergy and wheat-dependent exercise-induced urticaria/anaphylaxis sensitized by hydrolyzed wheat protein in soap. *Int J Dermatol*. 2015;54(8):e302-e305.
39. Del Giacco SR, Manconi PE, Del Giacco GS. Allergy and sports. *Allergy*. 2001;56(3):215-223.
40. Zuberbier T, Aberer W, Asero R, et al. The EAACI/GA<sup>2</sup>LEN/EDF/WAO guideline for the definition, classification, diagnosis and management of urticaria. *Allergy*. 2018;73(7):1393-1414.
41. Parsons JP, Hallstrand TS, Mastronarde JG, et al. An official American Thoracic Society clinical practice guideline: exercise-induced bronchoconstriction. *Am J Respir Crit Care Med*. 2013;187(9):1016-1027.
42. Weiler JM, Brannan JD, Randolph CC, et al. Exercise-induced bronchoconstriction update-2016. *J Allergy Clin Immunol*. 2016;138(5):1292-5.e36.
43. Brannan JD, Gulliksson M, Anderson SD, Chew N, Kumlin M. Evidence of mast cell activation and leukotriene release after mannitol inhalation. *Eur Respir J*. 2003;22(3):491-496.
44. Brannan JD, Gulliksson M, Anderson SD, Chew N, Seale JP, Kumlin M. Inhibition of mast cell PGD<sub>2</sub> release protects against mannitol-induced airway narrowing. *Eur Respir J*. 2006;27(5):944-950.
45. Kippelen P, Larsson J, Anderson SD, Brannan JD, Dahlén B, Dahlén SE. Effect of sodium cromoglycate on mast cell mediators during hyperpnea in athletes. *Med Sci Sports Exerc*. 2010;42(10):1853-1860.
46. Anderson SD, Daviskas E. The mechanism of exercise-induced asthma is. *J Allergy Clin Immunol*. 2000;106(3):453-459.
47. Anderson SD, Kippelen P. Airway injury as a mechanism for exercise-induced bronchoconstriction in elite athletes. *J Allergy Clin Immunol*. 2008;122(2):225-235. quiz 236-7.
48. Couto M, Stang J, Horta L, et al. Two distinct phenotypes of asthma in elite athletes identified by latent class analysis. *J Asthma*. 2015;52(9):897-904.
49. Rundell KW, Im J, Mayers LB, Wilber RL, Szmedra L, Schmitz HR. Self-reported symptoms and exercise-induced asthma in the elite athlete. *Med Sci Sports Exerc*. 2001;33(2):208-213.
50. Simpson AJ, Romer LM, Kippelen P. Self-reported symptoms after induced and inhibited bronchoconstriction in athletes. *Med Sci Sports Exerc*. 2015;47(10):2005-2013.
51. Price OJ, Hull JH, Ansley L, Thomas M, Eyles C. Exercise-induced bronchoconstriction in athletes - A qualitative assessment of symptom perception. *Respir Med*. 2016;120:36-43.
52. Nielsen EW, Hull JH, Backer V. High prevalence of exercise-induced laryngeal obstruction in athletes. *Med Sci Sports Exerc*. 2013;45(11):2030-2035.
53. Graham BL, Steenbruggen I, Miller MR, et al. Standardization of spirometry 2019 update. An Official American Thoracic Society and European Respiratory Society Technical statement. *Am J Respir Crit Care Med*. 2019;200(8):e70-e88.
54. Quanjer PH, Stanojevic S, Cole TJ, et al. Multi-ethnic reference values for spirometry for the 3-95-yr age range: the global lung function 2012 equations. *Eur Respir J*. 2012;40(6):1324-1343.
55. Global Initiative for Asthma. <https://ginasthma.org/gina-reports/>
56. Coates AL, Wanger J, Cockcroft DW, et al. ERS technical standard on bronchial challenge testing: general considerations and performance of methacholine challenge tests. *Eur Respir J*. 2017;49(5):1601526.
57. Hallstrand TS, Leuppi JD, Joos G, et al. ERS technical standard on bronchial challenge testing: pathophysiology and methodology of indirect airway challenge testing. *Eur Respir J*. 2018;52(5):1801033.
58. Price OJ, Ansley L, Levai IK, et al. Eucapnic voluntary hyperpnea testing in asymptomatic athletes. *Am J Respir Crit Care Med*. 2016;193(10):1178-1180.
59. Jackson A, Allen H, Hull JH, et al. Diagnosing exercise-induced bronchoconstriction: over-or under-detection? *Allergy*. 2019;75(2):460-463.
60. Fitch KD, Sue-Chu M, Anderson SD, et al. Asthma and the elite athlete: summary of the International Olympic Committee's consensus conference, Lausanne, Switzerland, January 22-24, 2008. *J Allergy Clin Immunol*. 2008;122(2):254-260. 60.e1-7.
61. Hull JH, Ansley L, Price OJ, Dickinson JW, Bonini M. Eucapnic voluntary hyperpnea: gold standard for diagnosing exercise-induced bronchoconstriction in athletes? *Sports Med*. 2016;46(8):1083-1093.
62. Helenius IJ, Tikkanen HO, Haahtela T. Occurrence of exercise induced bronchospasm in elite runners: dependence on atopy and exposure to cold air and pollen. *Br J Sports Med*. 1998;32(2):125-129.
63. Bougault V, Turmel J, Boulet LP. Airway hyperresponsiveness in elite swimmers: is it a transient phenomenon? *J Allergy Clin Immunol*. 2011;127(4):892-898.
64. Price OJ, Ansley L, Hull JH. Diagnosing exercise-induced bronchoconstriction with eucapnic voluntary hyperpnea: is one test enough? *J Allergy Clin Immunol Pract*. 2015;3(2):243-249.
65. Anderson SD, Pearlman DS, Rundell KW, et al. Reproducibility of the airway response to an exercise protocol standardized for intensity, duration, and inspired air conditions, in subjects with symptoms suggestive of asthma. *Respir Res*. 2010;11:120.
66. Rizzo J, Rodrigues Filho EA, Gonçalves AV, et al. Reproducibility of eucapnic voluntary hyperpnea for exercise-induced bronchoconstriction diagnosis in asthmatic children and adolescents. *Pediatr Allergy Immunol*. 2021;32:1700-1708.
67. Allen H, Hull JH, Backhouse SH, De Carné T, Dimitriou L, Price OJ. The allergy questionnaire for athletes provides value in ruling-out exercise-induced bronchoconstriction. *Allergy*. 2019;74(9):1794-1796.
68. ElHalawani SM, Ly NT, Mahon RT, Amundson DE. Exhaled nitric oxide as a predictor of exercise-induced bronchoconstriction. *Chest J*. 2003;124(2):639-643.
69. Dweik RA, Boggs PB, Erzurum SC, et al. An official ATS clinical practice guideline: interpretation of exhaled nitric oxide levels (FENO) for clinical applications. *Am J Respir Crit Care Med*. 2011;184(5):602-615.
70. Evans TM, Rundell KW, Beck KC, Levine AM, Baumann JM. Airway narrowing measured by spirometry and impulse oscillometry following room temperature and cold temperature exercise. *Chest*. 2005;128(4):2412-2419.
71. Rundell KW, Evans TM, Baumann JM, Kertesz MF. Lung function measured by impulse oscillometry and spirometry following eucapnic voluntary hyperventilation. *Can Respir J*. 2005;12(5):257-263.
72. Evans TM, Rundell KW, Beck KC, Levine AM, Baumann JM. Impulse oscillometry is sensitive to bronchoconstriction after eucapnic voluntary hyperventilation or exercise. *J Asthma*. 2006;43(1):49-55.
73. Price OJ, Ansley L, Bikov A, Hull JH. The role of impulse oscillometry in detecting airway dysfunction in athletes. *J Asthma*. 2016;53(1):62-68.
74. Bonini M, Di Mambro C, Calderon MA, et al. Beta<sub>2</sub>-agonists for exercise-induced asthma. *Cochrane Database Syst Rev*. 2013;(10):CD003564. doi:10.1002/14651858.CD003564.pub3
75. Hancox RJ, Subbarao P, Kamada D, Watson RM, Hargreave FE, Inman MD. Beta<sub>2</sub>-agonist tolerance and exercise-induced bronchospasm. *Am J Respir Crit Care Med*. 2002;165(8):1068-1070.
76. Bonini M, Permaul P, Kulkarni T, et al. Loss of salmeterol bronchoprotection against exercise in relation to ADRB2 Arg16Gly polymorphism and exhaled nitric oxide. *Am J Respir Crit Care Med*. 2013;188(12):1407-1412.
77. Reddel HK, FitzGerald JM, Bateman ED, et al. GINA 2019: a fundamental change in asthma management: treatment of asthma with short-acting bronchodilators alone is no longer recommended for adults and adolescents. *Eur Respir J*. 2019;53(6):1901046.

78. Price OJ, Kucera KL, Price HM, Drezner JA, Menzies-Gow A, Hull JH. Asthma-related sudden death in athletes: a retrospective analysis of the US NCCSIR database (1982-2018). *Eur Respir J*. 2021;58(1):2100088.
79. Lazarinis N, Jørgensen L, Ekström T, et al. Combination of budesonide/formoterol on demand improves asthma control by reducing exercise-induced bronchoconstriction. *Thorax*. 2014;69(2):130-136.
80. Philip G, Villarán C, Pearlman DS, Loeys T, Dass SB, Reiss TF. Protection against exercise-induced bronchoconstriction two hours after a single oral dose of montelukast. *J Asthma*. 2007;44(3):213-217.
81. Dessanges JF, Préfaut C, Taytard A, et al. The effect of zafirlukast on repetitive exercise-induced bronchoconstriction: the possible role of leukotrienes in exercise-induced refractoriness. *J Allergy Clin Immunol*. 1999;104(6):1155-1161.
82. Bonini M, Cilluffo G, La Grutta S, et al. Anti-muscarinic drugs as preventive treatment of exercise-induced bronchoconstriction (EIB) in children and adults. *Respir Med*. 2020;172:106128.
83. Spooner CH, Spooner GR, Rowe BH. Mast-cell stabilising agents to prevent exercise-induced bronchoconstriction. *Cochrane Database Syst Rev*. 2003;2003(4):CD002307.
84. Farraia M, Paciência I, Castro Mendes F, et al. Allergen immunotherapy for asthma prevention: a systematic review and meta-analysis of randomized and non-randomized controlled studies. *Allergy*. 2022;77(6):1719-1735.
85. Stickland MK, Rowe BH, Spooner CH, Vandermeer B, Dryden DM. Effect of warm-up exercise on exercise-induced bronchoconstriction. *Med Sci Sports Exerc*. 2012;44(3):383-391.
86. Larsson J, Anderson SD, Dahlén SE, Dahlén B. Refractoriness to exercise challenge: a review of the mechanisms old and new. *Immunol Allergy Clin North Am*. 2013;33(3):329-345.
87. Mickleborough TD, Murray RL, Ionescu AA, Lindley MR. Fish oil supplementation reduces severity of exercise-induced bronchoconstriction in elite athletes. *Am J Respir Crit Care Med*. 2003;168(10):1181-1189.
88. Mickleborough TD, Lindley MR, Ionescu AA, Fly AD. Protective effect of fish oil supplementation on exercise-induced bronchoconstriction in asthma. *Chest*. 2006;129(1):39-49.
89. Tecklenburg SL, Mickleborough TD, Fly AD, Bai Y, Stager JM. Ascorbic acid supplementation attenuates exercise-induced bronchoconstriction in patients with asthma. *Respir Med*. 2007;101(8):1770-1778.
90. Mickleborough TD, Lindley MR, Ray S. Dietary salt, airway inflammation, and diffusion capacity in exercise-induced asthma. *Med Sci Sports Exerc*. 2005;37(6):904-914.
91. Millqvist E, Bengtsson U, Löwhagen O. Combining a beta2-agonist with a face mask to prevent exercise-induced bronchoconstriction. *Allergy*. 2000;55(7):672-675.
92. Jackson AR, Hull JH, Hopker JG, et al. The impact of a heat and moisture exchange mask on respiratory symptoms and airway response to exercise in asthma. *ERJ Open Res*. 2020;6(2):00271-02019.
93. Hull JH, Backer V, Gibson PG, Fowler SJ. Laryngeal dysfunction: assessment and management for the clinician. *Am J Respir Crit Care Med*. 2016;194(9):1062-1072.
94. Halvorsen T, Walsted ES, Bucca C, et al. Inducible laryngeal obstruction: an official joint European Respiratory Society and European Laryngological Society statement. *Eur Respir J*. 2017;50(3):1602221.
95. Hull JH. Not all wheeze is asthma: time for patients to exercise their rights. *Thorax*. 2015;70(1):7-8.
96. Johansson H, Norlander K, Berglund L, et al. Prevalence of exercise-induced bronchoconstriction and exercise-induced laryngeal obstruction in a general adolescent population. *Thorax*. 2015;70(1):57-63.
97. Christensen PM, Thomsen SF, Rasmussen N, Backer V. Exercise-induced laryngeal obstructions: prevalence and symptoms in the general public. *Eur Arch Otorhinolaryngol*. 2011;268(9):1313-1319.
98. Hull JH, Walsted ES, Pavitt MJ, Menzies-Gow A, Backer V, Sandhu G. High prevalence of laryngeal obstruction during exercise in severe asthma. *Am J Respir Crit Care Med*. 2019;199(4):538-542.
99. Low K, Ruane L, Uddin N, et al. Abnormal vocal cord movement in patients with and without airway obstruction and asthma symptoms. *Clin Exp Allergy*. 2017;47(2):200-207.
100. Lee JH, An J, Won HK, et al. Prevalence and impact of comorbid laryngeal dysfunction in asthma: a systematic review and meta-analysis. *J Allergy Clin Immunol*. 2020;145(4):1165-1173.
101. Sails J, Hull JH, Allen H, Darville L, Walsted ES, Price OJ. High prevalence of exercise-induced stridor during Parkrun: a cross-sectional field-based evaluation. *BMJ Open Respir Res*. 2020;7(1):e000618.
102. Walsted ES, Famokunwa B, Andersen L, et al. Characteristics and impact of exercise-induced laryngeal obstruction: an international perspective. *ERJ Open Res*. 2021;7(2):00195-02021.
103. Heimdal JH, Roksund OD, Halvorsen T, Skadberg BT, Olofsson J. Continuous laryngoscopy exercise test: a method for visualizing laryngeal dysfunction during exercise. *Laryngoscope*. 2006;116(1):52-57.
104. Hull JH, Walsted ES, Orton CM, Williams P, Ward S, Pavitt MJ. Feasibility of portable continuous laryngoscopy during exercise testing. *ERJ Open Res*. 2019;5(1):00219-02018.
105. Walsted ES, Swanton LL, van van Someren K, et al. Laryngoscopy during swimming: a novel diagnostic technique to characterize swimming-induced laryngeal obstruction. *Laryngoscope*. 2017;127(10):2298-2301.
106. Maat RC, Røksund OD, Halvorsen T, et al. Audiovisual assessment of exercise-induced laryngeal obstruction: reliability and validity of observations. *Eur Arch Otorhinolaryngol*. 2009;266(12):1929-1936.
107. Walsted ES, Hull JH, Hvedstrup J, Maat RC, Backer V. Validity and reliability of grade scoring in the diagnosis of exercise-induced laryngeal obstruction. *ERJ Open Res*. 2017;3(3):00070-02017.
108. Johnston KL, Bradford H, Hodges H, Moore CM, Nauman E, Olin JT. The Olin EILOBI breathing techniques: description and initial case series of novel respiratory retraining strategies for athletes with exercise-induced laryngeal obstruction. *J Voice*. 2018;32(6):698-704.
109. Famokunwa B, Sandhu G, Hull JH. Surgical intervention for exercise-induced laryngeal obstruction: a UK perspective. *Laryngoscope*. 2020;130(11):E667-E673.
110. Sandnes A, Andersen T, Clemm HH, et al. Exercise-induced laryngeal obstruction in athletes treated with inspiratory muscle training. *BMJ Open Sport Exerc Med*. 2019;5(1):e000436.
111. Olin JT, Shaffer M, Nauman E, et al. Development and validation of the Exercise-Induced Laryngeal Obstruction Dyspnea Index (EILODI). *J Allergy Clin Immunol*. 2021;149(4):1437-1444.
112. Boulding R, Stacey R, Niven R, Fowler SJ. Dysfunctional breathing: a review of the literature and proposal for classification. *Eur Respir Rev*. 2016;25(141):287-294.
113. Barker N, Everard ML. Getting to grips with 'dysfunctional breathing'. *Paediatr Respir Rev*. 2015;16(1):53-61.
114. Thomas M, McKinley RK, Freeman E, Foy C, Price D. The prevalence of dysfunctional breathing in adults in the community with and without asthma. *Prim Care Respir J*. 2005;14(2):78-82.
115. Bansal T, Haji GS, Rossiter HB, Polkey MI, Hull JH. Exercise ventilatory irregularity can be quantified by approximate entropy to detect breathing pattern disorder. *Respir Physiol Neurobiol*. 2018;255:1-6.
116. Ionescu MF, Mani-Babu S, Degani-Costa LH, et al. Cardiopulmonary exercise testing in the assessment of dysfunctional breathing. *Front Physiol*. 2020;11:620955.



117. Depiazzi J, Everard ML. Dysfunctional breathing and reaching one's physiological limit as causes of exercise-induced dyspnoea. *Breathe*. 2016;12(2):120-129.
118. Barker NJ, Elphick H, Everard ML. The impact of a dedicated physiotherapist clinic for children with dysfunctional breathing. *ERJ Open Res*. 2016;2(3):00103-02015.
119. Boulet LP, Turmel J, Irwin RS, Panel CEC. Cough in the athlete: CHEST guideline and expert panel report. *Chest*. 2017;151(2):441-454.
120. Hull JH, Dickinson JW, Jackson AR. Cough in exercise and athletes. *Pulm Pharmacol Ther*. 2017;47:49-55.
121. Mitropoulos A, Song WJ, Almaghlouth F, Kemp S, Polkey M, Hull JH. Detection and diagnosis of large airway collapse: a systematic review. *ERJ Open Res*. 2021;7(3):00055-02021.
122. Grillo LJJ, Housley GM, Gandagharan S, Majid A, Hull J. Physiotherapy for large airway collapse: an ABC approach. *ERJ Open Research*. 2021;8(1):00510-02021.
123. Martina SD, Freiburger JJ, Peacher DF, et al. Sildenafil: possible prophylaxis against swimming-induced pulmonary edema. *Med Sci Sports Exerc*. 2017;49(9):1755-1757.

**How to cite this article:** Price OJ, Walsted ES, Bonini M, et al. Diagnosis and management of allergy and respiratory disorders in sport: An EAACI task force position paper. *Allergy*. 2022;00:1-15. doi: [10.1111/all.15431](https://doi.org/10.1111/all.15431)