

Thanks to our partnership with Nationwide Children's Hospital Sports Medicine, families of our organization have access to the “Community Partner Priority Scheduling and Injury Hotline”.

- Staffed 7 days a week by a certified Athletic Trainer from 8 a.m.-8 pm.
- Available to discuss and provide injury advice
- Schedule priority appointments when needed
- Alleviate unneeded trips to the Emergency Room
- Offer quick appointment times to meet your needs
- Provides ease of mind when dealing with your kid’s injuries

**Sports Medicine
Priority Scheduling
and Injury Hotline:**

(614) 403-6396



Asthma

As summer rolls into fall, asthmatic athletes have a few additional obstacles to overcome compared to other athletes due to their risk for asthma attacks. This seasonal transition often takes a toll on asthmatic athletes due to the change from hot, humid air to dry, colder air. However, with proper education and prevention asthma shouldn't have to sideline your child.

Asthma is a disease involving the respiratory system which consists of the airway and lungs. There are two basic components: **inflammation or swelling** of the tissues in the respiratory tract and constriction of the airway known as bronchospasm. This process leads to the symptoms of asthma which consists of coughing, wheezing, shortness of breath, pain/tightness in the chest and fatigue. Asthma can be triggered by any number of things including allergens, respiratory infections, weather conditions and physical activity.

For more information on how to prevent asthma attacks, visit the **Nationwide Children's Sports Medicine** website: **<http://www.nationwidechildrens.org/preventative-measures-for-asthmatic-athletes>**