

# Novel technique helps diagnose swimming-induced respiratory condition

March 13 2017

---

Exercise-induced obstruction of the larynx, or voice box, is often a cause of respiratory symptoms in athletes and is particularly prevalent in swimmers. A new report reveals a method to accurately diagnose this condition, using a flexible laryngoscope.

Confirming a diagnosis of exercise-induced laryngeal obstruction (EILO) requires visualizing movement of the larynx during intense exercise. In this latest report, investigators used waterproof tape to secure a laryngoscope to the nose, along with a modified swim cap and a laryngoscope cable that was suspended above the water and connected to a monitor.

The recorded laryngoscopic video provided stable, high-quality diagnostic images of the [larynx](#) during exercise, without disrupting swim strokes or breathing.

"This is a major step forward to help us accurately diagnose [breathing problems](#) in swimmers. EILO is a very common cause of breathing problems during swimming and is so often misdiagnosed and mistreated as asthma," said Dr. James Hull, senior author of *The Laryngoscope* article.

**More information:** Emil S. Walsted et al, Laryngoscopy during swimming: A novel diagnostic technique to characterize swimming-induced laryngeal obstruction, *The Laryngoscope* (2017). [DOI: 10.1002/lary.26532](https://doi.org/10.1002/lary.26532)

Provided by Wiley

Citation: Novel technique helps diagnose swimming-induced respiratory condition (2017, March 13) retrieved 24 April 2024 from <https://medicalxpress.com/news/2017-03-technique-swimming-induced-respiratory-condition.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.