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Asthma doesn't mean an inactive life, say doctors

HT Correspondent

letters@htlive.com

LUCKNOW: Suffering from Asthma does not mean a dull or inactive life, instead, the patient should continue physical activities under medical guidance, said Dr Ved Prakash, HoD pulmonary critical care medicine at the King George's Medical University on Tuesday at Asthma Update-2023, organised to mark the World Asthma Day.

“Patients who do regular physical activity are more likely to avoid asthma

attacks and control the disease as compared to people who do not do any kind of exercise,” said Dr Prakash.

On the occasion, Dr Rajendra Prasad of Era's Lucknow Medical College said, “There are myths that hinder activities. Often patients who are athletes ask us whether to continue exercises. We tell them about sportspersons who have asthma and are engaged in training, under medical guidance.”

Meanwhile, Dr RK Dhi-man, spoke on myths associated with inhalers.