

## **Breathlessness**

Feeling short of breath is a symptom reported by many patients with respiratory conditions. It is something which has many causes and itself can cause a variety of problems. Here are a few examples:

<b>Cause of faster/ deeper breathing</b>
Change in environmental temperature/humidity
Bronchospasm
Exercise
Mood e.g. anxiety/worry, excitement
Pain
New illness
etc

<b>Problems</b>
Uses more energy/ fatigue
Attracts attention
Perceived need for medication
Stopping/ reducing activities
Social awkwardness
Low mood
etc

Many people believe it is low levels of oxygen in the body that makes breathlessness happen: however very often this is not the case. Talk to your medical provider about your breathlessness. A physiotherapist may be able to teach you ways to manage/control your breathlessness should medical management be unsuccessful.

Some websites with further information:

<https://www.blf.org.uk/support-for-you/breathlessness>

<https://www.stchristophers.org.uk/videos/managing-breathlessness/>

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