

Broncos Tight End Daniel Graham Offers Asthma Tips

APRIL 13, 2009

Denver, CO — Daniel Graham, tight end for the Denver Broncos, is teaming up with National Jewish Health to help children in the Denver Public Schools better control their asthma and miss fewer days of school.

"Asthma does not have to stop children from leading a normal life," said Mr. Graham, who has asthma. "It hasn't stopped me."

Mr. Graham offers the following tips for kids to help properly manage their exercise-induced asthma.

Take your medication. One of the most important things you can do to prevent exercise-induced asthma is to take your bronchodilator medication prior to exercising. If you're going to go out and play sports make sure you've taken your bronchodilator medication 10-15 minutes before you start. Also, be sure to maintain your schedule of daily asthma medications that your doctor prescribes.

Let people know you have asthma. Teachers and coaches should be informed if you have exercise-induced asthma. Let them know you are able to participate in activities, but that you may have to take your bronchodilator medication beforehand.

Proper warm up. Stretching and a proper warm up before exercise, playing sports or vigorous activity will usually help you avoid asthma symptoms.

Stick to a schedule. It's easy to get out of your routine once the summer starts and forget to take your asthma medications. Remember that it's very important to stick with them and stay on schedule. With effective management you can perform and excel in a variety of sports.

Asthma Action Plan. Ask your doctor for a written asthma action plan. The plan should include what medicine to use to treat asthma symptoms and changes in peak flow zones, what medication to use as a pretreatment before exercise, emergency telephone numbers and a list of things that make your asthma worse

Daniel Graham grew up attending Denver Public Schools: Samuels Elementary, Hamilton Middle School, and Thomas Jefferson High School. He also attended the University of Colorado and was drafted in the first round in 2002 by the New England Patriots. Daniel signed with the Denver Broncos in 2006. He has shared the same passion as his mother, Marilyn, to give back to their community. In 2006 Daniel and Marilyn created the Daniel Graham Foundation to serve families in the Denver metropolitan area by sponsoring events that provide opportunities for young people to discover their inner strength and values through health, education and community services.

National Jewish Health is known worldwide for treatment of patients with respiratory, cardiac, immune and related disorders, and for groundbreaking medical research. Founded in 1899 as a nonprofit hospital, National Jewish remains the only facility in the world dedicated exclusively to these disorders. Since 1998, U.S. News & World Report has ranked National Jewish the #1 respiratory hospital in the nation.

National Jewish Health is the leading respiratory hospital in the nation. Founded 122 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the [media resources page](#).

Our team is available to arrange interviews, discuss events and story ideas.

Jessica Berry
303.398.1082
berryj@njhealth.org

Sean Andersen-Vie
303.398.1002
andersenvies@njhealth.org