

# PEAK PERFORMANCE

Allergy-induced asthma limits athletic ability and creates serious health concerns



For many athletes, the ability to deliver at peak performance consistently is difficult, and no matter how committed they are to conditioning themselves, this fact doesn't change. They are often plagued by shortness of breath and wheezing, mistakenly assuming that they need to work harder to achieve a higher level of fitness.

What most parents and children don't realize is that these are common symptoms of the disease asthma. According to the Asthma and Allergy Foundation of America, "Asthma is the most common chronic disease of childhood and yet many parents know little about it. In the United States, it is estimated that nearly 5 million youngsters under age 18 have this disease. In 1993 alone, asthma was the reason for almost 200,000 hospital stays and about 340 deaths among persons under age 25."

For Denton Combs, Nurse Practitioner and founder of Denton Combs Center for Excellence in Care, this comes as no surprise. "Sometimes people think that their child is out of shape because they wheeze while exercising and they'll actually slow down to keep from wheezing." But the real issue can be much more serious. He notes, "Kids often slow down to stop their symptoms, so in effect they're decreasing their performance so they don't have issues, which is a good thing. Asthma can be an extremely dangerous disease."

With more than 14 years of experience diagnosing and treating allergies, Denton is optimistic about treating many cases of asthma through a regimen of allergy treatments. "A good majority of kids who have asthma have allergy-induced asthma. The good thing about this is that it can be treated and controlled if you can control the allergy."



*"Athletes can suffer from poor performance due to allergy-induced asthma. In these cases, if you can control your allergy, you can control your asthma and dramatically improve your performance."*

~ Denton Combs,  
Denton Combs Center for Excellence

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According to Denton, all it takes to determine if asthma is induced by allergies is a series of allergy tests. “Many times, parents are upset because they didn’t realize this was an option for them. They didn’t want their child to suffer through attacks or change their lifestyle to accommodate it. They wish they would have known this was an option because they would have taken care of it sooner.”

Denton shares, “My success rate is in the mid-90 percent range and if my patients stick to the treatment, the average reduction of symptoms is over 98 percent.” And the reduction of symptoms won’t be the only benefit of treatment. Patients can expect improvements in memory, mood, concentration, sleep, cognitive ability and overall wellness. “These are all affected negatively by allergy symptoms as well as athletic performance. Patients can expect to experience improvements immediately once they are taking treatments.”

The Denton Combs Center for Excellence in Care is located south of 57th Street and Western Avenue at 5124 S. Western Ave., Suite #4. For further information or to schedule an appointment, call 605-274-3898.

Typically referrals aren’t necessary, but it’s always best to check with your insurance provider before making an appointment.



**DENTON  
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