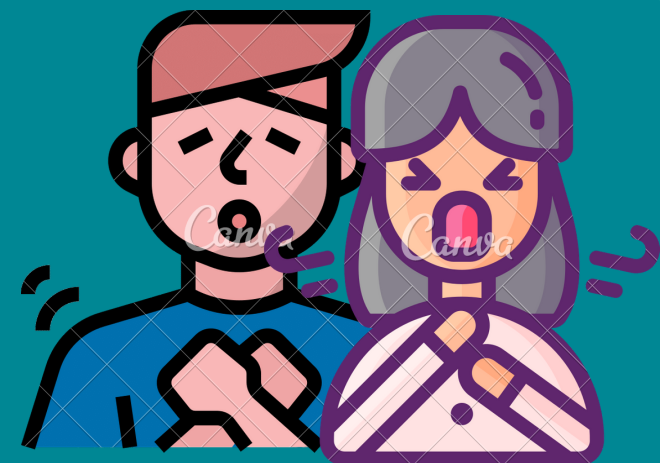
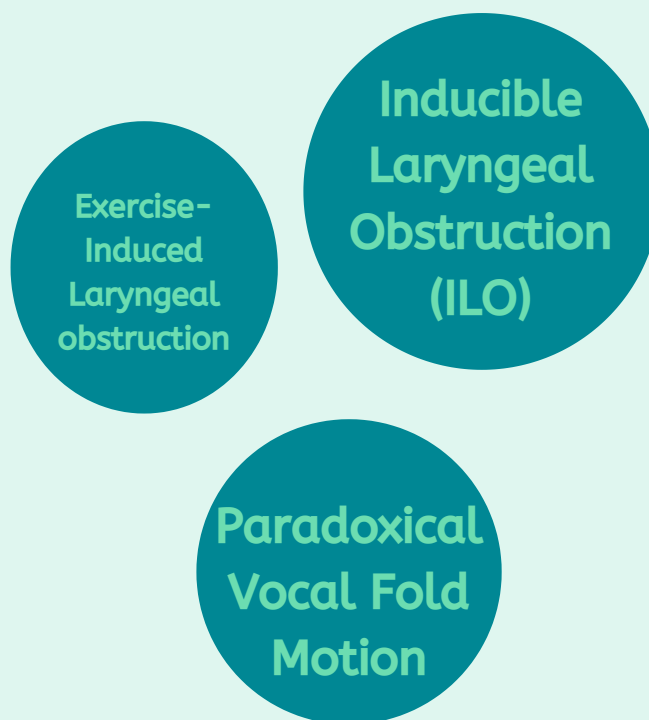


**YOUR DB MANAGEMENT PLAN  
MAY INCLUDE A VARIETY OF:**



**VOCAL CORD DYSFUNCTION  
(VCD) IS SOMETIMES CALLED  
DIFFERENT NAMES SUCH AS:**



**DYSFUNCTIONAL  
BREATHING (DB)**

Vocalizing with Ease

[www.vocalizingwithease.com](http://www.vocalizingwithease.com)

# WHAT IS DB?

Dysfunctional breathing (DB) is a common cause of shortness of breath. DB episodes often begin suddenly and can be very frightening. During episodes, you may also experience chest or throat tightening, noisy breathing or voice changes. Untreated DB may prevent participation in everyday activities. DB can occur at any age though DB is often first diagnosed during adolescence.

DB can be divided into two main types: 'Disordered Breathing Patterns (DBP)' and 'Vocal Cord Dysfunction (VCD).'

Disordered breathing patterns (DBP) occur when your breathing rate or way of breathing changes upon exposure to a trigger. Breathing becomes too fast, too shallow, chest expansion is poor or there is only mouth breathing.

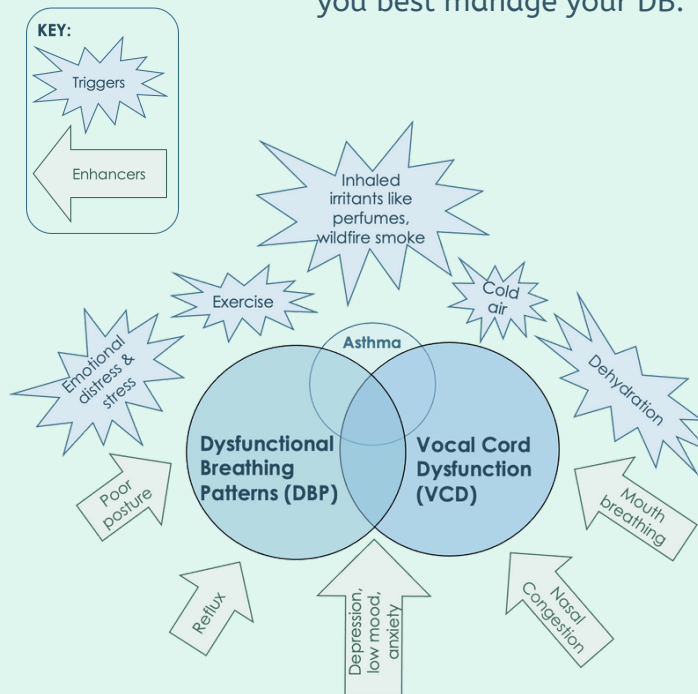
Vocal cord dysfunction (VCD), also known as 'Inducible Laryngeal Obstruction' (ILO) occurs when the vocal cords (larynx) or nearby muscles squeeze together causing a sensation of breathlessness. Normally when you breathe in, your vocal cords open like curtains to allow air into your lungs. In people with VCD the vocal cords either stay shut or open only a little. The vocal cords are soft and flexible, so some air can get through but it is much harder to breathe.

# DB AND ASTHMA

Dysfunctional breathing (DB) is often mistaken as asthma since it has similar symptoms and triggers. However, DB is a different condition and usually does not fully respond to asthma treatment. DB can occur in patients with and without asthma. DB can occur even when asthma is well-controlled.

## TRIGGERS AND ENHANCERS

Exercise, stress, and cold air are common triggers for DB episodes. Certain medical conditions are associated with DB such as nasal congestion, asthma, reflux, depression and anxiety. These conditions are known as 'enhancers.' Your medical care team will ask about your triggers and enhancers to help you best manage your DB.



## MANAGING DB

With treatment, DB can improve and you can return to normal daily activities. Practising breathing exercises is critical to DB recovery. You may also be referred to other health providers and resources for assessment and support. Successful DB management occurs when symptoms, underlying medical conditions and triggers are all addressed. Work with your medical care team to develop a DB management plan.

