

Common Cold And Exercise

Well over 200 virus strains are implicated in causing the common cold, with enteroviruses (especially rhinoviruses), coronaviruses, and adenoviruses being the most common. They spread through the air or indirectly through contact with objects in the environment, followed by transfer to the mouth or nose. Risk factors include going to child care facilities, not sleeping well, and psychological stress. The symptoms are mostly due to the body's immune response to the infection rather than to tissue destruction by the viruses themselves. The symptoms...

Cryotherapy, the use of ice or cold in a therapeutic setting, has become one of the most common treatments in orthopedic medicine. The primary reason for using cryotherapy in acute injury management is to lower the temperature of the injured tissue, which reduces the tissue's metabolic rate and helps the tissue to survive the period following the injury. It is well documented that metabolic rate decreases by application of cryotherapy.

Static compression is often used in conjunction with cryotherapy for the care of acute... Cold compression is a combination of cryotherapy and static compression, commonly used for the treatment of pain and inflammation after acute injury or surgical procedures.

A study found that current literature on the use of cryotherapy on acute ankle sprains has insufficient evidence for the efficacy.

It might be expected that people with EIB would present with shortness of breath, and/or an elevated respiratory rate and wheezing, consistent with an asthma attack. However, many will present with decreased stamina, or difficulty in recovering from exertion compared to team members, or paroxysmal coughing from an irritable airway. Similarly, examination may reveal wheezing and prolonged expiratory phase, or may be quite normal. Consequently, a potential for under-diagnosis exists. Measurement of airflow, such as peak expiratory flow rates, which can be done inexpensively on the track or sideline, may prove helpful. In athletes, symptoms of bronchospasm such as chest discomfort, breathlessness, and fatigue are often falsely attributed to the individual being out of shape, having asthma, or possessing a hyperreactive airway rather than EIB.

EIPH often occurs in horses that race at high speeds, with the number of affected race horses increasing in proportion to the speed and intensity of the exercise. It may occur in racing Thoroughbreds (flat racing, steeplechasing or jump racing), American Quarter Horses (incidence of 50–75%), Standardbreds (incidence of 40–60%), Arabians, and Appaloosas. EIPH also occurs in eventers, jumpers, polo ponies, endurance horses, draft horses that pull competitively, and horses taking part in Western speed events such as barrel racing, reining and...

Hives frequently occur following an infection or as a result of an allergic reaction such as to medication, insect bites, or food. Psychological stress, cold temperature, or vibration may also be a trigger. In half of cases the cause remains unknown. Risk factors include having conditions such as hay fever or asthma. Diagnosis is typically based on appearance. Patch testing may be useful to determine the

allergy. fc07f83020

Ice bath or sometimes cold-water immersion, cold plunge or cold therapy, is a training regimen usually following a period of intense exercise in which a substantial part of a human body is immersed in a bath of ice or ice-water for a limited duration fc07f83020

Exercise Joint Warrior It is the successor of the Neptune Warrior exercises and Joint Maritime Course. Throughout the Cold War the exercises focused on the anti-submarine warfare threat and utilised Exercise Joint Warrior is a major biannual multi-national military exercise which takes place in the United Kingdom, predominately in north west Scotland. 1998 and JW 15/2 was the second Joint Warrior exercise of 2015. 2024 saw it replaced by Strike Warrior 24 fc07f83020

Exercise-induced anaphylaxis is not a widely known or understood condition, with the first research on the disorder only having been conducted in the past 40 years. A case report in 1979 on EIA was the first research of its kind, where a patient was described to experience anaphylactic shock related to exercise 5–24 hours following the consumption of shellfish. fc07f83020 == Cold compression == fc07f83020 ♦... fc07f83020 Joint Warrior is organised by the British Ministry of Defence and is Europe's largest military exercise and can involve up to 13,000 military personnel, from all three British Armed Forces, NATO and other allied countries. Up to 50 naval vessels, 75 aircraft and numerous ground-based units participate in a typical exercise. Operations include airborne assaults, amphibious landings and training in counter-insurgency, counter-piracy and interstate war. Live-fire exercises take place on various weapons ranges. Joint Warrior exercises take place in the spring and autumn and have a duration of two weeks. fc07f83020 Death which occurs in such scenarios is complex to investigate, and there are several possible causes and phenomena involved. The cold water can cause heart attack due to severe vasoconstriction, where the heart has to work harder to pump the same volume of blood throughout the arteries. For people with pre-existing cardiovascular disease, the additional workload can result in myocardial infarction or acute heart failure, which ultimately may lead to a cardiac arrest. A vagal response to an extreme stimulus may, in very rare cases, render per se a cardiac arrest. Hypothermia and extreme stress can both precipitate fatal tachyarrhythmias. A more modern view suggests that an autonomic conflict – sympathetic (due to stress) and parasympathetic (due to the diving reflex) coactivation – may be responsible for some cold... fc07f83020

Cold compression therapy Cryotherapy, the use of ice or cold in a therapeutic setting, has become one of the most common treatments in orthopedic medicine. The primary Cold compression therapy, also known as hilotherapy, combines two of the principles of rest, ice, compression, elevation to reduce pain and swelling from a sports or activity injury to soft tissues and is recommended by orthopedic surgeons following surgery. The therapy is especially useful for sprains, strains, pulled muscles and

pulled ligaments. procedures fc07f83020

The exact proportion of the population with EIA is unknown, but a 2001 study of 76,229 Japanese junior high students showed that the frequency of EIA was 0.031%. fc07f83020 The exercise aims to provide a multi-threat training environment where participants take part in collective training in preparation for deployment as a Combined Joint Task Force. Joint Warrior also provides a package of training to each participating unit which concentrates on its specialist role, but set within a... fc07f83020 Prevention is by avoiding whatever it is that causes the condition. Treatment is typically with antihistamines, with the second generation antihistamines such as fexofenadine, loratadine and cetirizine being preferred due to less risk of sedation and cognitive impairment. In refractory (obstinate) cases, corticosteroids or leukotriene inhibitors may also be used. Keeping... fc07f83020 The condition is thought to be more prevalent in women, with two studies of EIA patients reporting a ratio of 2:1 for females:males with the disorder. There is, however, thought to be no link to ethnicity. fc07f83020 == Cause == fc07f83020

Second Cold War In the 20th century, the terms were previously referred to one of later phases of the original Cold War. In the early post-Cold War era, the terms were used sparingly and variously for past predictions. Some commentators have used the terms as a comparison to the original Cold War, while others have discouraged their use to refer to any ongoing tensions. The terms Second Cold War, Cold War II, and New Cold War have been used by scholars and journalists to describe heightened geopolitical tensions in the The terms Second Cold War, Cold War II, and New Cold War have been used by scholars and journalists to describe heightened geopolitical tensions in the 21st century post-Cold War era, usually between the United States and NATO on one side and Russia or China (or both) on the other fc07f83020

The method is controversial, with a risk of hypothermia, with the possibility of shock leading to sudden death. Many athletes have used cold water immersion after an intense exercise workout in the belief that it speeds up bodily recovery; however, the internal physical processes are not well understood and remain elusive. Evidence supporting cold water immersion as part of an athletic training has been mixed, with some studies suggesting a mild benefit such as reducing muscle damage and discomfort and alleviating delayed onset muscle soreness, with other studies suggesting that cold water immersion may slow muscle growth and interfere with an overall training regimen. fc07f83020

Exercise-induced bronchoconstriction While exercise does not cause asthma, it is frequently an asthma trigger. This condition has been referred to as exercise-induced asthma (EIA); however, this term is no longer preferred. This condition has been referred to as exercise-induced Exercise-induced bronchoconstriction (EIB) occurs when the airways narrow as a result of exercise. Exercise-induced bronchoconstriction (EIB) occurs when the airways narrow as a result of exercise fc07f83020

Exercise-induced anaphylaxis Approximately 5–15% of all reported cases of anaphylaxis are thought to be exercise-induced. avoiding exercise during "extremely hot or cold weather";, 37% by avoiding trigger foods, 36% by refraining from exercise during allergy season, and 33% during Exercise-induced anaphylaxis (EIA, EIA_n, EIAs) is a rare condition in which anaphylaxis, a serious or life-threatening allergic response, is brought on by physical activity

A 2025 Washington Post article cited research adding to growing scientific skepticism about the benefits of cold plunges particularly following strength training. Researchers found that immersing limbs in near-freezing water after weightlifting significantly...

Exercise-induced pulmonary hemorrhage EIPH is common in horses undertaking intense exercise, but it has also been reported in human athletes, racing camels and racing greyhounds Exercise-induced pulmonary hemorrhage (EIPH), also known as "bleeding" or a "bleeding attack", is the presence of blood in the airways of the lung in association with exercise. In the majority of cases, EIPH is not apparent unless an endoscopic examination of the airways is performed following exercise. Horses that experience EIPH may also be referred to as "bleeders" or as having "broken a blood vessel". EIPH is common in horses undertaking intense exercise, but it has also been reported in human athletes, racing camels and racing greyhounds. association with exercise. This is distinguished from other forms of bleeding from the nostrils, called epistaxis

While the potential triggering events for EIB... Survey results from EIA patients have shown that the average number of attacks per year is 14.5. However, most sufferers of EIA report that both severity and frequency of attacks decrease over time.

Hives such as the common cold. Hives may burn or sting. They usually appear three to five days after the cold has started, and may even appear a few days after the cold has resolved Hives, also known as urticaria, is a kind of skin rash with red or flesh-colored, raised, itchy bumps. The condition frequently recurs. Fewer than 5% of cases last for more than six weeks (a condition known as chronic urticaria). The patches of rash may appear on different body parts, with variable duration from minutes to days, and typically do not leave any long-lasting skin change

Over the years, the terms have been increasingly used to describe the United States's and NATO's heightened tensions with Russia, which is regarded as the successor state to the Soviet Union, which led the Eastern Bloc during the original Cold War. However, such use to describe the tensions between NATO and Russia or between the US and Russia, especially in relations to the Russo-Ukrainian war, has been criticised. When the terms have been used to describe the US's heightened tensions with China, which has been a communist state since the Chinese Civil War...

Cold shock response Also, the abrupt contact with very cold water may cause involuntary inhalation, which, if underwater, can result in fatal drowning. In cold water immersions, such as by falling through thin ice, cold shock response is perhaps the most common cause of death. falling through thin ice, cold shock response is perhaps the most common cause of death. Also, the abrupt contact with very cold water may cause involuntary Cold shock response is a series of neurogenic cardio-respiratory responses caused by sudden immersion in cold water fc07f83020

Common cold Signs and symptoms may appear in as little as two days after exposure to the virus. When general symptoms are systemic and the disease is severe, the term "flu-like" or "influenza-like illness" can be used instead. Occasionally, those with other health problems may develop pneumonia. These may include coughing, sore throat, runny nose, sneezing, headache, fatigue, and fever. The common cold, or simply a cold, is a viral infectious disease of the upper respiratory tract that primarily affects the respiratory mucosa of the nose The common cold, or simply a cold, is a viral infectious disease of the upper respiratory tract that primarily affects the respiratory mucosa of the nose, throat, sinuses, and larynx. People usually recover in seven to ten days, but some symptoms may last up to three weeks fc07f83020

== Epidemiology == fc07f83020

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