

# Can cold air *FREEZE* my lungs?

Research has shown people can train in temperatures in *excess of minus 50°C* without damaging their lungs!

However, inhaling cold air can irritate your airways and cause *bronchospasm*. You can experience:



- a burning sensation in your airways
- shortness of breath
- chest tightness
- cough



## Reduce your risk of irritating your airways:



Try **breathing in through your nose** and out through your mouth to humidify inhaled air



Wear a **scarf**, balaclava or ski mask over your nose and mouth to help trap heat and humidity when exhaling



Ensure you are **well hydrated** for your workouts



Schedule your runs for the **warmest time of the day**



Progressively **increase your training intensity** as tolerated



**ASK THE EXPERT** with Dr. Darrell Menard

Read more: [casem-acmse.org/ask-the-expert](https://casem-acmse.org/ask-the-expert)