Exercise-induced bronchoconstriction as an expression of bronchial hyperreactivity: a study of its mechanisms in children

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ABSTRACT  The mechanism of exercise-induced bronchoconstriction (EIB) was studied by observing the protective effects of several aerosol agents in a double-blind, randomised trial. Exercise-induced bronchoconstriction was not affected by placebo, but was reduced by each agent used (p < 0.001). Blocking the parasympathetic system had the weakest effect, while \( \beta_2 \) adrenergic stimulation produced the strongest effect which was significantly different from the parasympatholytic (p < 0.02). The effect of the mast cell stabiliser, sodium cromoglycate (SCG) was found to be intermediate. However in some patients SCG had a stronger effect than the \( \beta_2 \) adrenergic agonist. A relationship was found between EIB and bronchial hyperreactivity induced by histamine (p < 0.05).

Bronchial hyperreactivity to nonspecific stimuli is one of the hallmarks of asthma.\(^1\)\(^2\) This implies that bronchoconstriction occurs in asthmatics after inhalation of given concentrations of physical or chemical agents (allergens excepted) which would have no effect on healthy subjects. The degree of hyperreactivity is commonly estimated by bronchial sensitivity to histamine, acetylcholine, or methacholine. A strong correlation has been found between bronchial sensitivity to histamine and exercise-induced bronchoconstriction,\(^3\)\(^-\)\(^5\) and some authors\(^4\) consider that EIB is an expression of bronchial hyperreactivity.

The mechanism of EIB is at present incompletely understood. The parasympathetic nervous system, activated by sensory fibres situated in the mucosa of the large airways ("irritant receptors") seems to play a role, because aerosolised parasympatholytic agents\(^6\) or local anaesthetics\(^7\) may diminish or abolish EIB. Several studies\(^8\) point to the important influence of rapid ventilation with cold, dry air as the initiating stimulus which may trigger irritant receptors. \( \beta_2 \) adrenergic agonists block EIB,\(^6\) which suggests that the sympathetic nervous system also plays a role. Sodium cromoglycate (SCG) often gives protection against EIB.\(^9\) This may indicate that mediator release from mast cells or from related histamine-containing cells in the bronchial lumen\(^10\) is also involved. Some authors suggest that SCG may influence EIB in other ways.\(^5\)\(^8\)\(^11\) None of these suggestions has however been substantiated,\(^9\) and we have therefore assumed that the effect of SCG is brought about by mast cell stabilisation.\(^12\)

We have measured the protective effect of various agents in a group of asthmatic children who also had EIB. A \( \beta_2 \) adrenergic agonist (fenoterol), a parasympatholytic agent (oxytropium bromide) as well as a mast cell stabiliser (SCG) were all tested as aerosols. In this way the contribution of the various parts of the autonomic nervous system and of mast cells in the mechanism of EIB has been studied. The bronchial sensitivity to histamine was also measured and related to the protective effect of the agents.

Methods
The group of asthmatics studied comprised nine boys and four girls (age range: 9 to 15-5 years, mean: 12.5 years). The subjects were outpatients attending the Sophia Children's Hospital in Rotterdam. The selection criteria were: initial forced expiratory volume in one second (FEV\(_1\)) \( \geq 60\% \) of the mean expected value for height and exercise-induced decrease in FEV\(_1\) \( \geq 15\% \) of the initial value obtained in baseline tests on each of the three consecutive days.

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In all patients these values were reproducible—that is, their coefficient of variation (standard deviation as percentage of the mean) was less than 15%. In the two weeks before the study the patients were in a stable clinical condition and had not received SCG, beclomethasone, oral corticosteroids, or β₂ adrenergic agonists. Other drugs were withdrawn three days before the tests.

The exercise test was done on a Jaeger treadmill following the method of Eggleston and Guerrant. The speed was 10 mph and the running time about six minutes. The speed was increased to give a pulse rate of about 175/min. This was reached at speeds between five and 12 km/hour.

Bronchoconstriction was detected by lung function measurements using Finivess flow-volume equipment. The FEV₁ was registered by a time signal. The results were based upon the FEV₁ values. The maximal expiratory flows at 25% of the forced vital capacity were also analysed but as no significant differences were found compared with the FEV₁ values they receive no further mention.

Pulmonary function tests were performed before, immediately after and 5, 10, 15, and 20 minutes after completion of the exercise tests. At each time three flow-volume curves were recorded and the highest FEV₁ value was taken for analysis. The change in FEV₁ was expressed as a percentage of the initial value. The criterion taken for bronchoconstriction was a decrease in FEV₁ ≥ 15%.

The study was carried out on four consecutive days. On the first day an exercise test was done after the administration of a placebo. On each of the three following days two exercise tests were performed, the first at 9 am without a protective agent (basal test). At 1040 am a protective agent was given and the second test was performed 20 minutes later. A two-hour interval between tests was chosen to avoid carry-over effects. Although uncontrolled, the temperature and humidity of the ambient air during testing were reasonably constant at approximately 22°C and 70% respectively.

On each of the test days, one of the following protective agents was given in random order: oxytropium bromide (parasympatholytic), 0.02 mg per dose aerosol (two puffs); disodium cromoglycate (mast cell stabiliser), 20 mg as aqueous solution via ultrasonic nebuliser (Monaghan 670). The use of a solution avoided cromoglycate acting by hygroscopic effect alone; fenoterol (β₂ adrenergic agonist), 0.4 mg per dose aerosol (two puffs).

The inhalation was performed as follows: after a submaximal expiration, the patient inspired synchronously with the aerosol, the mouth being kept closed over the inhaler opening. During this inspiration the tongue was kept on the floor of the mouth. After inspiration the breath was held for five seconds. The technique was learned using a placebo. The doses were chosen to obtain a maximal pharmacological effect.

The histamine threshold was determined by means of the inhalation of histamine acid phosphate in increasing concentration (doses 1, 2, 4, 8, 16, 32, and 64 mg/ml). At the beginning of the inhalation each patient performed a submaximal vital capacity manoeuvre, after which they inhaled the aerosol at tidal volume for 30 seconds. The time between the inhalations was three to five minutes. The histamine concentration which caused a decrease in FEV₁ ≥ 15% of the initial value was called the histamine threshold. With this technique the histamine threshold in healthy children is ≥ 32 mg/ml.

An analysis of variance was done in order to detect any influences of day or agent sequence on the initial FEV₁ (every day at 9 am and during the day) and the decrease of the FEV₁ induced by exercise without protection (basal tests). The effects of the protective agents and comparisons between them were analysed using paired Student t tests. The relationship between the decrease in FEV₁ without agents and the degree of protection by each agent as well as the histamine threshold were analysed by linear regression equations from which p values were derived. The patient groups were divided according to the greatest effect by paired comparison between the three agents. These patient groups were compared according to initial FEV₁, decrease in FEV₁ induced by exercise without protection and the histamine threshold. The differences were analysed by Wilcoxon tests. Five per cent was taken as the level of significance.

All patients and their parents were fully informed about the aims and nature of the study and gave their consent.

Results

In the basal tests there were no correlations between day and agent sequences on the one hand and the initial FEV₁ and the decrease in FEV₁ in the basal tests on the other (analysis of variance). This makes the influence of variables other than the protective agents on the results improbable. The initial FEV₁ values at 9 and 11 am did not change significantly except after the administration of the β₂ adrenergic agonist when they were just significantly higher (p < 0.05).

The table shows the mean change in FEV₁ after exercise both with and without protection for the group as a whole. The decrease in FEV₁ without protection was 32.4 ± 3.0% and the results after placebo did not differ significantly. After admini-
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Table

<table>
<thead>
<tr>
<th>Agents used</th>
<th>Decrease in FEV&lt;sub&gt;1&lt;/sub&gt; induced by exercise</th>
<th>Degree of protection†</th>
<th>Difference between agents</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean ± SEM</td>
<td>p value</td>
<td>Mean ± SEM</td>
</tr>
<tr>
<td>None</td>
<td>-32.4 ± 3.0</td>
<td>NS</td>
<td>16.6 ± 4.1</td>
</tr>
<tr>
<td>Placebo</td>
<td>-27.5 ± 3.2</td>
<td>NS</td>
<td>25.6 ± 4.1</td>
</tr>
<tr>
<td>Parasympatholytic</td>
<td>-12.5 ± 4.7</td>
<td>&lt;0.001</td>
<td>32.5 ± 5.4</td>
</tr>
<tr>
<td>Mast cell stabiliser</td>
<td>-6.7 ± 2.1</td>
<td>&lt;0.001</td>
<td></td>
</tr>
<tr>
<td>β&lt;sub&gt;2&lt;/sub&gt; adrenergic agonist</td>
<td>+1.5 ± 5.2</td>
<td>&lt;0.001</td>
<td></td>
</tr>
</tbody>
</table>

Mean ± SEM are expressed as percentage of the initial values.
†Difference of change in FEV<sub>1</sub> with and without agents.

In this study the protective effects of a parasympatholytic, a mast cell stabiliser (SCG) and a β<sub>2</sub> adrenergic agonist on EIB were found to be significant. It is assumed that maximal bronchodilatation was achieved by the doses used and that the same was true for the protective effect on EIB although this remains unproven. Although the time between administration of the parasympatholytic and the exercise test was a little short and bronchodilatation might have occurred during the recovery...
phase, we do not think this could have influenced the results significantly. The results were not influenced by variables other than the protective agents used and they are in accordance with those of other authors.6 19 20

Individual patients differed in their responses to the various agents used. From the finding in some patients that the degree of protection given by the parasympatholytic exceeded that given by the mast cell stabiliser, it may be concluded that in these subjects activation of the vagus is more important than activation of the mast cell system. In contrast to the results of the patient group in general, some patients attained a greater degree of protection from the mast cell stabiliser than from the $\beta_2$ adrenergic agonist. In these patients it can be assumed that mediator release from mast cells is relatively important in the mechanism of EIB. It seems that blocking of histamine release from their mast cells by triggering the $\beta_2$ adrenergic receptors is only of limited value in contrast to the effect of SCG. Also, $\beta_2$ adrenergic relaxation of their bronchial muscles is of relatively little importance in the blocking of the EIB response. Although this might indicate hyporesponsiveness of their $\beta_2$ adrenergic receptors, this is unlikely because the bronchodilatation induced by the $\beta_2$ adrenergic agonist under resting conditions in these patients was not less than in the others.

Our finding of a relationship between the degree of protection given by the parasympatholytic together with the mast cell stabiliser and the degree of bronchoconstriction without protection can be explained in two ways. Firstly, a combined mechanism involving both the parasympathetic nervous system and mast cells may operate in EIB. It was not possible to predict which was the dominant system

![Fig 2](image) Degree of protection in EIB in the 13 patients given by the parasympatholytic and the mast cell stabiliser, illustrated as cumulative effects, compared with that of the $\beta_2$ adrenergic agonist and the exercise-induced decrease in FEV$_1$ without protection. Both degree of protection and decrease in FEV$_1$ are expressed in percentages of the initial FEV$_1$.

![Fig 3](image) Relationship between the histamine threshold and the exercise-induced decrease in FEV$_1$. 
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![Diagram showing Initial FEV₁, decrease in FEV₁ after exercise without protection, and histamine threshold in patient groups divided according to the best protection in EIB by paired comparison of the agents. a = parasympatholytic, b = mast cell stabiliser, c = β₂ adrenergic agonist. Differences between groups are not statistically significant.]

The mechanisms by which histamine and exercise induce bronchoconstriction are similar and this justifies the view that EIB can be regarded as an expression of bronchial hyperreactivity.

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