



# Malattie polmonari e attività fisica (Sport) (Italian Edition)

*Gian Pasquale Ganzit, Luca Stefanini*

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Giorgio Di Centa, asmatico, nel 2006 ha vinto la medaglia d'oro alle Olimpiadi invernali di Torino nella 50 km di sci di fondo. Jackie Joyner Kersee, 3 medaglie d'oro, quando gareggia nel salto in lungo porta una mascherina per proteggersi dai pollini che scatenano gli attacchi d'asma. Non solo l'asma non pregiudica l'attività fisica, ma anzi l'allenamento allo sforzo può essere molto utile per chi ne soffre. E i benefici dell'attività fisica, se praticata con le dovute precauzioni e attenzioni, si estendono anche ai pazienti con BPCO o con fibrosi cistica, e persino a coloro che hanno sofferto di pneumotorace.

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