**CASE REPORT**

**A man with poorly controlled asthma and exercise induced symptoms**

A 38 year old office worker who had recently taken up jogging as part of a fitness campaign presented to you because his efforts had not proved as successful as he had hoped. He reported a history of asthma since childhood and still had occasional symptoms throughout the year, although normally he was troubled by his wheezing only for a few weeks after viral upper respiratory tract infections. He was being prescribed beclometasone 100 μg regularly twice a day and salbutamol as needed to relieve symptoms. It had been two years since he last had a course of steroids to treat an acute exacerbation.

He had set himself the long term goal of running for an hour after work every day, but had had to curtail his phased exercise programme because of shortness of breath. Using his salbutamol inhaler before running had some effect but was not preventing the problem.

1. How would you approach the problem?
2. What treatment choices would you offer the patient?
3. How would you help him self manage his condition?

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**PRIZE QUIZ**

**Depression**

Each week we offer a prize of a BMJ memory stick to the person who answers correctly, in the quickest time, a set of exam questions taken from OnExamination.

To enter the quiz, go to www.onexamination.com/endgames.

The competition closes at midnight on Wednesday, and the winner will be announced in the print BMJ.

Here’s one question from this week’s quiz on depression from the MRCPsych examination.

Describe this statement—true, false, don’t know.

An asthmatic patient becomes depressed. She is taking aminophylline and theophylline preparations.

These are a likely cause of her depression.

Once the competition closes answers to this question can be viewed at www.onexamination.com/Endgames/LastEndgame.aspx.