

**review of WHO regional  
office for europe  
proposed short-term  
SO<sub>2</sub> air quality  
guideline**

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## ABSTRACT

The World Health Organization (WHO) regional office for Europe recommends an SO<sub>2</sub> guideline of 500 µg/m<sup>3</sup> (0.175 ppm) for a 10 minute sampling time, an uncertainty factor of 2, and a threshold of about 1000 µg/m<sup>3</sup> (0.35 ppm).

Based on SO<sub>2</sub> chamber studies described herein the following conclusions are summarized:

- Population at risk

The WHO-EU recommended guideline is set to protect the most susceptible individuals among the most susceptible population, namely exercising asthmatics not receiving medication.

- 10 minute sampling time

The data suggest an exercising asthmatic's response to SO<sub>2</sub> begins within minutes, reaches a maximum in about 10 minutes, and does not increase with longer exposures (and may actually decrease with longer or repeated exposures). Further, bronchoconstriction may be reduced at rest compared with that experienced while exercising even if exposure continues.

- Healthy subjects, COPD patients, and resting asthmatics are not at risk of an adverse response to SO<sub>2</sub> exposure at concentrations as high as 1 ppm SO<sub>2</sub>.
- The interpretation of the exposure-response relationships of exercising asthmatics, depends on the definition of an adverse effect. The WHO-EU definition is the most conservative one in the literature.
- The basis for inclusion of an uncertainty factor of two is unclear. The chamber studies include sensitive subjects, representative of the asthmatic population.

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## 1. INTRODUCTION

In 1987, the World Health Organization (WHO) concluded that "effects of clinical significance became evident in experimental exposure studies, of about 10 minute duration, involving exercising asthmatic patients, at concentrations of SO<sub>2</sub> from about 1,000 µg/m<sup>3</sup> (0.35 ppm) upwards." An uncertainty factor of two was introduced to account for the possibility that the most sensitive population had not been tested. Subsequent studies that included severe asthmatics support this conclusion. Based on these data, the WHO recommended that a value of 500 µg/m<sup>3</sup> (0.175 ppm) for 10 minutes should not be exceeded (WHO, 1995).

## 2. CHAMBER STUDIES

The WHO-EU recommended air quality guideline is based on results from experimental exposures of volunteers exposed in a chamber to known concentrations of SO<sub>2</sub> for periods of 5 minutes to several hours. The measured health effects are changes in lung function, either spirometry or airway resistance (AWR). The most important (and commonly reported) spirometric measures are Forced Expiratory Volume in 1 second (FEV<sub>1</sub>) and to a lesser extent Forced Vital Capacity (FVC). **Table A** summarizes the results of chamber studies of volunteers exposed to SO<sub>2</sub> where spirometric results are reported. Studies measuring only AWR were not summarized in assessing exposure-response, although AWR and FEV<sub>1</sub> show similar patterns of response when both were measured).

### 3. EXPOSURE-RESPONSE

#### 3.1. EXPOSURE-RESPONSE BASED ON REDUCTION OF FEV<sub>1</sub>

The effects on FEV<sub>1</sub> of short-term exposure to SO<sub>2</sub> are summarized below (extracted from **Table A**). Studies are included only if the exposed volunteers are not wearing a mouthpiece or facemask (i.e., their breathing is unencumbered). The age range of the study populations is included. In all studies asthma medication was stopped prior to exposure.

Healthy Subjects. Among healthy subjects, several studies do not have pure non-exposed groups. The aged group in Rondinelli et al. (1987) was exposed to 1 mg/m<sup>3</sup> NaCl. The exposed and control groups in Stacy et al. (1981, 1983) are different groups. The only other non-healthy group studied besides asthmatics is patients with chronic obstructive pulmonary disease (COPD) (Linn et al., 1985a). Since SO<sub>2</sub> did not produce significant reductions in FEV<sub>1</sub> and these patients showed an SO<sub>2</sub> response similar to healthy subjects, they are included in the healthy subject group.

SO <sub>2</sub> Exposure (ppm)	Healthy and COPD Subjects: Δ FEV <sub>1</sub> % - Unencumbered Breathing				
	Control (0 ppm) (exercise)	SO <sub>2</sub> Exposure			Comments (references)
		Rest	Exercise	Exercise minus Control Value	
0.2	+0.5%	--	+1.2%	+0.7%	18-37 yrs (Linn et al. (1987)
0.2	+0.5	--	-0.5	0	18-32 yrs, atopics (Linn et al., (1987)
0.4	-0.9	--	-1.7	+0.8	49-68 yrs, COPD (Linn et al., 1985a)
0.4	+0.5	--	-0.5	0	Atopics (Linn et al., 1987)
0.4	+0.5	--	+1.4	+0.9	Linn et al. (1987)
0.5	-5.3	-2.7	-5.3	0	55-73 yrs (Rondinelli et al., 1987)
0.6	+0.5	--	-1.9	-1.4	Atopics (Linn et al., 1987)
0.6	+0.5	--	+1.4	+0.9	Linn et al. (1987)
0.75	+2.6	--	-2.1	+0.5	22-47 yrs (Stacy et al., 1981)
0.75	-1.2	--	-0.5	+0.7	Mean 24 yrs (Stacy et al., 1983)
0.8	-0.9	--	0	+0.1	COPD (Linn et al., 1985a)
0.99	+1.3	+0.3	-0.3	+1.4	20-35 yrs (Kulle et al., 1986)
1.0	-5.3	-2.6	-5.4	-0.1	55-73 yrs (Rondinelli et al., 1987)

There were 99 healthy and COPD patients exposed to SO<sub>2</sub> concentrations ranging from 0.2 ppm to 1 ppm, with some subjects exposed to multiple concentrations. Ages ranged from 18 to 73 years. The 10 normal nonsmokers studied by Rondinelli et al. (1987) showed the largest reduction of FEV<sub>1</sub> when exercising (-5%) and when exposed to 1 mg/m<sup>3</sup> NaCl (= control exposure). This decrement is similar to that observed when exposed to 1 ppm SO<sub>2</sub> plus 1 mg/m<sup>3</sup> NaCl and 0.5 ppm SO<sub>2</sub> plus 1 mg/m<sup>3</sup> NaCl.

Asthmatic Subjects - Unencumbered Breathing.

The severity of the asthmatic condition as well as age range of subjects is presented in the comments column. If severity is not known, the number of subjects on medication is provided (extracted from **Table A**).

SO <sub>2</sub> Exposure (ppm)	Asthmatic Subjects: Δ FEV <sub>1</sub> % - Unencumbered Breathing				
	Control (0 ppm) (exercise)	SO <sub>2</sub> Exposure			Comments (references)
		Rest	Exercise	Exercise minus Control Value	
0.1	not done	--	-3.0	?	12-18 yrs; 10/13 on medication (Koenig et al., 1990)
0.2	not available	--	-1.0	?	19-31 yrs; known SO <sub>2</sub> sensitive; 12/23 on regular medication (Linn et al., 1983b)
0.2	-1.6%	--	-4.1	-2.5	20-33 yrs, minimal/mild (Linn et al., 1987)
0.2	-8.4%	--	-9.5	-1.1	18-35 yrs, moderate/severe (Linn et al., 1987)
0.2	-2.2%	-3.5	--	--	18-45 yrs, mild allergic (Devalia et al., 1994)
0.25	not available	--	+4.2	?	18-30 yrs, mild (Linn et al., 1982)
0.25	-1.5	--	-1.9	-0.4	18-36 yrs; 8/10 atopic, 4/10 on medication (Schachter et al., 1984)
0.3	-5.0	--	-7.9	-2.9	19-36 yrs, mild (11/20 on medication) (Linn et al., 1988)
0.3	-14.5	--	-19.4	-4.9	18-50 yrs, moderate/severe (Linn et al., 1990)
0.4	not available	--	-0.4	?	Linn et al. (1983b)
0.4	-1.6	--	-10.7	-9.1	Minimal/mild (Linn et al., (1987)
0.4	-8.4	--	-17.9	-9.5	Moderate/severe (Linn et al., 1987)
0.5	not available	--	+0.5	?	Linn et al. (1982)
0.5	-1.5	--	-3.0	-1.5	Schachter et al. (1984)
0.6	not available	--	-12.8	?	Linn et al. (1983b)
0.6	-1.6	--	-18.4	-16.8	Minimal/mild (Linn et al., 1987)
0.6	-8.4	--	-25.3	-16.9	Moderate/severe (Linn et al., 1987)
0.6	-5.0	--	-19.6	-14.6	Linn et al. (1988)
0.6	-14.5	--	-30.2	-15.7	Linn et al. (1990)
0.75	not available	--	-7.5	?	18-30 yrs, SO <sub>2</sub> sensitive but none on medication (Linn et al., 1983a)
0.75	-1.5	--	-8.3	-6.8	Schachter et al. (1984)
1.0	-1.5	--	-13.7	-12.2	Schachter et al. (1984)
1.0	-1.6	--	-5.8	-4.2	20-30 yrs; mild, intermittent exercise (Kehrl et al., 1987)
1.0	-1.3	--	-8.0	-6.7	Continuous exercise (Kehrl et al., 1987)



There were a total of 109 asthmatic subjects tested, with ages ranging from 18 to 50 years. This does not include those studies where change in FEV<sub>1</sub> % for controls was unavailable. The range of SO<sub>2</sub> exposures was from 0.2 ppm to 1 ppm SO<sub>2</sub>, and most studies exposed the same subjects to several concentrations of SO<sub>2</sub>. The effects of exercise on FEV<sub>1</sub> ranged from a decrement of 1.3 to 1.5% (Schachter et al., 1984; Kehrl et al., 1987) to highs of almost -15% (moderate/severe asthmatics; Linn et al., 1990). The average of all study subject responses at a given concentration are shown below.

SO <sub>2</sub> Concentration (ppm)	n	Average % Change (FEV <sub>1</sub> ) in Asthmatics from SO <sub>2</sub> Chamber Studies	
		Exercise + SO <sub>2</sub>	Corrected (Exercise - SO <sub>2</sub> )
0.2	40	-7.3%	-1.7%
0.25	10	-1.9	-0.4
0.3	41	-13.8	-3.9
0.4	40	-15.0	-9.3
0.5	10	-3.0	-1.5
0.6	81	-23.8	-16.0
0.75	10	-8.3	-6.8
1.0	30	-9.2	-7.7

Some of the reduced response to SO<sub>2</sub> at 0.5, 0.75, and 1 ppm SO<sub>2</sub> may be due to variability in sensitivity of the study population. Linn et al. (1987) exposed the same subjects to 3 concentrations of SO<sub>2</sub>. These results (summarized below) show a more consistent exposure-response trend not affected by different conditions of exercise intensity, temperature and humidity, duration of exposure, intra-individual variation in sensitivity, methodology, etc.

SO <sub>2</sub> (ppm)	Study Population - Adjusted Δ FEV <sub>1</sub> % (Linn et al., 1987)			
	Normal	Atopic	Minimal/Mild Asthmatic	Moderate/Severe Asthmatic
0.2	+0.7	0	-2.5	-1.1
0.4	+0.9	0	-9.1	-9.5
0.6	+0.9	-1.4	-16.8	-16.9

These data show no difference in response between minimal/mild and moderate/severe asthmatics.

### 3.2. EXPOSURE-RESPONSE BASED ON PERCENT CHANGE IN AIRWAY RESISTANCE

Data from chamber studies can be presented in another way to estimate both exposure-response and the proportion of asthmatics likely to respond at a given SO<sub>2</sub> concentration. Horstman et al. (1986) exposed moderately exercising asthmatics to 0, 0.25, 0.5, and 1.0 ppm SO<sub>2</sub> for 10 minutes and measured AWR; a

100% increase in AWR was defined as the threshold for becoming an adverse effect and is an index of airway sensitivity [PC(SO<sub>2</sub>)]. An exposure-response curve was then constructed so that the x-axis was SO<sub>2</sub> concentration at which there was a 100% increase in AWR greater than response to clean air, herein defined as, an adverse effect. The y-axis was cumulative percentage of subjects showing bronchial sensitivity to SO<sub>2</sub>. The study population comprised 27 mild asthmatics age 18-35 years, who were not receiving corticosteroids, cromolyn, or desensitizing therapy, and who were responsive to methacholine. Medication was withheld prior to exposure, and exercise was moderate to heavy, as ventilation was 42 litres/minute. The results are shown in **Figure 1** from Horstman et al. (1986). These data show the following distribution of an adverse response to SO<sub>2</sub> corrected for the effects of exercise in this asthmatic study population and estimated from **Figure 1**.

SO <sub>2</sub> Concentration (ppm)	PC (SO <sub>2</sub> ) = % with Adverse Response
0.25	0%
0.3	5%
0.4	13%
0.50	28%
0.75	46%
1.0	64%
2.0	90%

The authors conclude there is a wide range of sensitivity to SO<sub>2</sub> among subjects selected to be representative of young adults with mild asthma. Presenting the data in this manner allows for "assessment of the proportion of this population which might develop bronchoconstriction during ambient exposures to low concentrations of SO<sub>2</sub>."

Bethel et al. (1985) exposed mildly asthmatic subjects to 0.25 ppm SO<sub>2</sub> at two different exercise intensities. AWR was increased 140% at the lower exercise level and 203% at the higher exercise level (11% and 89% of the subjects, respectively with greater than a 100% increase in AWR). The exercise-adjusted mean change in AWR% at lower and higher exercise and 0.25 ppm SO<sub>2</sub> were 66% and 37%, with 1/3 and 0 individuals respectively showing an adverse response. The authors suggested that the bronchoconstrictor effects at higher exposure levels may overshadow the SO<sub>2</sub> effects. This dataset is also interesting in that at 0.25 ppm there is no adverse bronchoconstriction during heavy exercise, and a 33% adverse response rate among the same individuals at a reduced work rate.

#### 4. INTERPRETATION OF WHO DEFINITION OF ADVERSE EFFECT LEVEL

It appears that the WHO defined an adverse effect as a greater than 5% reduction in the average FEV<sub>1</sub> among study subjects, or a greater than 100% increase in AWR among individual study subjects. There were two studies that included severe asthmatics (Linn et al., 1987, 1990), and these studies appear to include the most sensitive subjects. Using WHO's assumed definition of "adverse" as described above, these studies suggest no adverse effect at 0.3 ppm (-4.9% change in FEV<sub>1</sub>) and an adverse effect at 0.4 ppm (-9.5% change in FEV<sub>1</sub>). The WHO conclusion of a threshold of about 0.35 ppm probably comes from these data.

The study by Horstman et al. (1986) shows the distribution of sensitivity to SO<sub>2</sub> among what is thought to be a representative sample of young adults with mild asthma. The "threshold" is about 0.3 ppm for about 5% of the asthmatic population studied; asthmatics represent perhaps 2-3% of the general population (Linn et al., 1987).

## 5. ISSUES ASSOCIATED WITH DEFINITION OF ADVERSE EFFECTS

A key question in developing an air quality guideline for SO<sub>2</sub> is what percentage change in FEV<sub>1</sub> and/or AWR should be considered an adverse effect? At present, there is no consensus among the scientific community as to what degree of change in FEV<sub>1</sub> and AWR should be considered adverse. The short-term reductions in these measures occur within minutes of first exposure, and are transient and reversible within minutes (Stacy et al., 1981; Koenig et al., 1983; Schachter et al., 1984). Schachter et al. (1984) showed that 40-minute exposure of exercising asthmatics at SO<sub>2</sub> concentrations of 1 ppm produced significant decrements in FEV<sub>1</sub> only at 1 minute and 5 minutes after exposure ended. Linn et al. (1984a) exposed asthmatics to 0.6 ppm for 6 hours on two successive days (5 minutes heavy exercise at beginning and end of each 6-hour period). AWR returned to pre-exposure values about an hour after exercise even though SO<sub>2</sub> exposure continued. A similar pattern, but slightly less severe airway obstruction was observed on the second day. Sheppard et al. (1983) found that short, repeated exposures to 0.5 ppm SO<sub>2</sub> over a day can reduce airway reaction to SO<sub>2</sub>. Horstman et al. (1988) suggest the minimal exposure time necessary for significant bronchoconstriction to occur is 2 minutes with maximal responses achieved within 5 minutes and minimal increases beyond 10-minute exposure.

The American Thoracic Society (ATS, 1985) suggests that interferences with normal activity should be considered an adverse effect. However, it is not clear where on the continuum of effects measurable changes in airway obstruction become an adverse effect.

The National Institute of Health criteria for exercise-induced asthma is a 15% or greater reduction in FEV<sub>1</sub>. An individual reduction in FEV<sub>1</sub> of 15-20%, corrected for the effects of exercise alone, has been suggested as adverse, while reductions greater than 40% have been defined as incapacitating (Lippmann, 1988). Three studies of asthmatic patients seeking emergency medical treatment had average FEV<sub>1</sub> decrements of 60-80% (US EPA, 1994), which is clearly an adverse effect. Another definition of adverse effects used is a 100% increase in airway resistance (AWR) above that produced by exercise alone. To be adverse, the airway obstruction should be accompanied by moderate or severe symptoms (Horstman et al., 1988). The US Environmental Protection Agency (US EPA) suggests that AWR increases of 200% or more are of likely clinical concern.

The estimates of clinically significant physiological effects cannot be extrapolated directly to the results of chamber studies for two major reasons. First, FEV<sub>1</sub> results of the SO<sub>2</sub> chamber studies are mostly expressed as average reductions which have been recalculated to determine average percent reduction (i.e., the level of FEV<sub>1</sub> reduction for each individual study subject was not reported). Second, the incidence and severity of symptoms are not reported in a consistent form that can be used to assess adversity.

As mentioned previously, it appears that the WHO defined an adverse effect as an average reduction in FEV<sub>1</sub> of greater than 5% among all study subjects. This reduction is very likely to be conservative, as FEV<sub>1</sub> normally varies by 3% or less from blow to blow in the same individual, and 7 to 8% for asthmatics from hour to hour (Rodan et al., 1995). US EPA (1994) indicated the range of normal variation often experienced by asthmatics during a given day could be up to 10 to 20% lower FEV<sub>1</sub> and a 40% higher AWR in early morning versus afternoon due to daily circadian variation.

Lebowitz et al. (1987) addressed the question of what reduction in group mean is greater than expected and not due to just normal variability and diurnal change. Assuming lung function changes are normally distributed, the diurnal (within a day) coefficient of variation can be multiplied by 1.65 (2 standard deviations) to obtain the limit of normal daily changes. The coefficient of variation of FEV<sub>1</sub> for healthy subjects is 3-5%, and for obstructive patients is 7-10% (Lebowitz et al., 1987, Rodan et al., 1994). Thus, the percent reduction in FEV<sub>1</sub> that is different from normal variation is about 5 to 8% for normal persons and 11 to 17% for subjects with airway obstruction.

Note that a mean reduction in FEV<sub>1</sub> in a group of SO<sub>2</sub> exposed subjects may be greater than the cut-off point (e.g., 5% for healthy subjects) yet not statistically different because the variability in the group mean is not known, and the standard deviation of the group mean is usually not provided and cannot be calculated.

Changes in AWR for exposure-response trends are not considered here except for the study by Horstman et al. (1986) where individual AWR responses are reported. The authors use an increase in AWR of 100% above the effects of exercise as the measure of response. However, as with FEV<sub>1</sub>, there is no strong consensus among the scientific community as to the level of AWR increase that should be considered adverse. US EPA (1994) estimated a 100% increase in AWR roughly corresponds to a 12 to 15% decrease in FEV<sub>1</sub>.

## 6. PROTECTIVE EFFECT OF NOSE-BREATHING

Nose breathing provides more protection against SO<sub>2</sub> effects compared with mouth breathing (Kirkpatrick et al., 1982). Linn et al. (1982) found no significant bronchoconstriction of exercising asthmatics exposed to 0.50 ppm SO<sub>2</sub> during unencumbered breathing. However, in a pilot study reported in the same publication, exposure by mouthpiece showed a "substantially greater tendency to bronchoconstriction with 0.5 ppm SO<sub>2</sub>". Linn et al. (1982) suggest two reasons for the differences: 1) the mouthpiece compromises the SO<sub>2</sub> scrubbing ability of the upper respiratory tract, or 2) the main study subjects had less reactive airways than the pilot study subjects. Linn et al. (1983a) showed that bronchoconstriction among asthmatic volunteers was about 3 times greater for mouthpiece exposure compared with unencumbered breathing under conditions of heavy exercise and exposure to 0.75 ppm SO<sub>2</sub>. No difference was observed when exposed to clean air. These data suggest option (1) of Linn et al. (1982) is most likely.

Therefore, the exposure-response effects of SO<sub>2</sub> for freely breathing subjects is considered the more appropriate estimate of SO<sub>2</sub> effects. For this reason, studies are not included in evaluating exposure-response where mouth only breathing is necessary because of inhalation via mouthpiece or facemask (Koenig et al., 1980, 1981, 1982a,b, 1983, 1987, 1989, 1990; Hackney et al., 1984; McManus et al., 1989).

## 7. EXERCISE

Asthmatics are particularly susceptible to exercise-induced bronchoconstriction (EIB). Exercise alone in the SO<sub>2</sub> chamber studies reduces FEV<sub>1</sub> of asthmatics from less than 1% to 15%. The air temperature and humidity in chamber studies are such that they minimize EIB.

Cold air and hot dry air inhaled during exercise can significantly reduce FEV<sub>1</sub>. Eschenbacher et al. (1992) provide an example of the effects of temperature and humidity on FEV<sub>1</sub> among exercising healthy and asthmatic subjects. The largest effects were from cold air and hot dry air; however, breathing the air while resting had little or no effect on FEV<sub>1</sub> as summarized in the table below:

Chamber Conditions	Δ FEV <sub>1</sub> %			
	Asthmatics		Normal Healthy Subjects	
	Rest	Exercise	Rest	Exercise
Cold, dry	-1	-18	-1	+2
Cold, humid	-4	-20	+1	+2
Hot, dry	+3	-16	+2	+2
Hot, humid	-1	-2	+3	+6
Normal ambient	-1	-7	0	+3

Noviski et al. (1987) showed that for asthmatic children FEV<sub>1</sub> was reduced 36% and 31% after 6 minutes exercise in room air (25°C) and cold (0°C) dry air, respectively. As exercise intensity increases, bronchoconstriction also increases (Bethel et al., 1983).

The effect of exercise alone on FEV<sub>1</sub> under certain extreme conditions of temperature and humidity could be considered an adverse effect. Air conditions may also potentiate the effects of SO<sub>2</sub>. Sheppard et al. (1984), for example, showed that SO<sub>2</sub> causes bronchoconstriction at lower concentrations when inhaled in dry air compared with humid air, although the differences were small. Temperature of the air was of little importance. Consistent with greater effects of low humidity is the finding of Linn et al. (1986) that high temperatures and high humidity tend to mitigate the bronchoconstriction effects of 0.6 ppm SO<sub>2</sub> in exercising asthmatics. Linn et al. (1984b,c) showed that hot humid air plus exercise did not produce significant EIB. However, bronchoconstriction increased as temperature dropped from 38°C to -6°C, and the effects of SO<sub>2</sub> at cold temperature were additive.

## 8. MEDICATION

The withholding of medication prior to exposure may increase hyperreactivity of the airways. However, some asthma medications reduce the bronchoconstrictive effects of SO<sub>2</sub>, and some do not. Theophylline does not appear to provide effective protection against EIB, but metaproterenol does. Linn et al. (1990) showed that 10 minutes heavy exercise of moderate/severe medicine-dependent asthmatics (mostly taking theophylline) resulted in 12-15% reduction in FEV<sub>1</sub> whether medication was withheld or not. Administration of metaproterenol (MP) prior to exercise plus SO<sub>2</sub> exposure resulted in an increase in FEV<sub>1</sub>. Koenig et al. (1987) showed that albuterol prevented the bronchoconstrictive effects of SO<sub>2</sub>.

Ipratropium bromide (IP) acts as a bronchodilator, increasing FEV<sub>1</sub> even when exposed to SO<sub>2</sub>, but not exercising; however, IP does not completely block the bronchoconstrictive action of SO<sub>2</sub> in exercising asthmatics (McManus et al. 1989). Tan et al. (1982) showed that IP blocked the airway conductive response to 20 ppm among resting atopic subjects (allergic to 2 allergens and history of rhinitis), but was only partially successful in 4 of 9 asthmatic subjects exposed to 10 ppm SO<sub>2</sub>. Previous treatment with clemastine blocked the effect of 10 ppm SO<sub>2</sub> for 2 of 7 asthmatics. Disodium cromoglycate (cromolyn) was effective in blocking SO<sub>2</sub> bronchoconstriction for both the atopic and asthmatic subjects. Snashall and Baldwin (1982) showed that sodium cromoglycate (SCG) and atropine significantly inhibited the effect of 8 ppm SO<sub>2</sub> in most normal and asthmatic subjects tested. Atropine did not inhibit the bronchoconstrictive effect in normal persons with hyperreactive airways or in several asthmatics. Sheppard et al. (1981) also found that cromolyn inhibited bronchoconstriction of exercising healthy and asthmatic subjects exposed to SO<sub>2</sub>, although they found that atropine was successful in both asthmatic and non-asthmatic subjects they tested.

Metaproterenol is clearly effective in preventing SO<sub>2</sub>-induced bronchoconstriction among asthmatics. It was shown to be very effective, with about a 10% increase in FEV<sub>1</sub> after exposure to 0.6 ppm SO<sub>2</sub> (Linn et al., 1988, 1989). Albuterol is only slightly less effective (Koenig et al., 1987). However, the effect of withholding normal medication on airway reactivity to SO<sub>2</sub> is not clear, and probably depends on the medication being used. Linn et al. (1990) suggest it makes little difference, but more study is needed.



## 9. SUMMARY

The data presented in this report are summarized with regard to the recommendations of WHO-EU.

- Population at risk

The WHO-EU recommended guideline is set to protect the most susceptible individuals among the most susceptible population, namely exercising asthmatics not taking medication.

- 10-minute sampling time

The data suggest an exercising asthmatic's response to SO<sub>2</sub> begins within minutes, reaches a maximum in about 10 minutes, and does not increase with longer exposures (and may actually decrease with longer or repeated exposures). Further, bronchoconstriction may be reduced at rest compared with that experienced while exercising even if exposure continues.

- Definition of adverse effect level and existence of a threshold

The data suggest that concentrations as high as 1.0 ppm SO<sub>2</sub> do not cause significant airway obstruction among healthy subjects and patients with COPD, even when exercising, or among resting asthmatics. Among exercising asthmatics, the threshold depends on the definition of adverse effect that is used. As discussed in the body of the report, there is currently no consensus among the scientific community as to the degree of change in FEV<sub>1</sub> and/or AWR that should be considered adverse.

- An uncertainty factor of two was applied in 1987 at the NOAEL of 1000 µg/m<sup>3</sup> (0.35 ppm) to allow for the possibility that the most sensitive population may not have been tested. This uncertainty factor was maintained in the 1994 re-evaluation as further studies with more sensitive subjects have supported this assumption.

It is unlikely that the subjects with most severe disease have been tested, as they are probably excluded because of their inability to exercise and/or the large adverse effect of EIB. It is not always obvious *a priori* who are the most sensitive subjects. For example, the correlation of sensitivity to methacholine and SO<sub>2</sub> is not very high, and is not a good predictor of sensitivity to SO<sub>2</sub>. Horstman et al. (1986) show a wide range of sensitivity to SO<sub>2</sub> among exercising asthmatics ranging from about 0.30 ppm to a high of about 10 ppm. However, sensitivity may also be a function of exercise intensity (Sheppard et al., 1981; Noviski et al., 1987). For example, as ventilation increased the response to SO<sub>2</sub> also increased (Sheppard et al., 1981). On the other hand, Bethel (1985) showed that higher exercise intensity produced more increases in airway obstruction but less adverse responses to the same concentration of SO<sub>2</sub>. Also, it is not clear that severe asthmatics are more sensitive than mild asthmatics. Linn et al. (1987) showed no difference in adjusted change in FEV<sub>1</sub> % between mild asthmatics and moderate/severe asthmatics at 0.2 and 0.4 ppm SO<sub>2</sub>. Linn et al. (1988, 1990) showed no difference at 0.3 ppm SO<sub>2</sub>; Linn et al. (1987, 1988, 1990) also did not find a difference at 0.6 ppm SO<sub>2</sub>.

There appear to be few data that provide a useful estimate of variability in sensitivity within the spectrum of all asthmatics. Horstman et al. (1986) appears to be the only dataset assessing variability among mild asthmatics at different exposure levels. If mild asthmatics are similar to severe asthmatics, then these data would apply to the severe asthmatic as well, which WHO-EU seems to assume include the most sensitive.

A problem with the chamber studies is that the subjects are not representative of the actual population. In this context they are not representative because normal medication is interrupted. It is also not reported whether subjects routinely exercise or not. To be representative, the subjects in the chamber studies should be drawn from the population of mild to moderate asthmatic who regularly exercise with enough intensity to increase ventilation rates. Their normal medication prior to exercise should not be discontinued. The possible non-representativeness of the sample suggests a potential bias to spuriously increase the magnitude of the response.

In sum, an appropriate uncertainty factor is not clear based on the data. The chamber studies include sensitive subjects, which arguably may be representative of the asthmatic population. If so, no safety factor may be necessary.

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**Table A**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

Reference	Subjects	SO <sub>2</sub> Exposure	% Change in FEV <sub>1</sub> , FVC	Comments																								
Koenig et al. (1980)	9 asthmatics age 14-18 yrs requiring medical therapy; EIB after 6 min exercise; medication withheld prior to exposure	60 min exposure at rest; PFT measured at 30 and 60 min (n = 5 for NaCl alone); exposure via face mask ( <u>mouth breathing</u> )	<p>Δ FEV<sub>1</sub> %</p> <table border="0"> <tr> <td>30 minutes</td> <td>60 minutes</td> </tr> <tr> <td>+3.2%</td> <td>-0.5%</td> </tr> <tr> <td>+4.8</td> <td>+1.0</td> </tr> <tr> <td>+1.2</td> <td>+2.4</td> </tr> </table> <p>Air 1 mg/m<sup>3</sup> NaCl 1 mg/m<sup>3</sup> NaCl + 1 ppm SO<sub>2</sub></p>	30 minutes	60 minutes	+3.2%	-0.5%	+4.8	+1.0	+1.2	+2.4	No exposure to SO <sub>2</sub> alone; NaCl is submicron, and alone has no effect; NaCl + SO <sub>2</sub> may affect small airways																
30 minutes	60 minutes																											
+3.2%	-0.5%																											
+4.8	+1.0																											
+1.2	+2.4																											
Koenig et al. (1981)	8 adolescent asthmatics age 14-18 yrs with EIB; requiring medical therapy; medication withheld on day of exposure unless medication needed; same subjects as Koenig et al. (1980)	30 min exposure at rest (post-rest) followed by 10 min exposure during moderate exercise; NaCl MMD = 0.9 μm (GSD = 2.0); exposure via <u>mouthpiece</u>	<p>Δ FEV<sub>1</sub> %</p> <table border="0"> <tr> <td>Post-rest</td> <td>Post-exercise</td> </tr> <tr> <td>Immediately</td> <td>14 minutes</td> </tr> <tr> <td>+0.3%</td> <td>+2.5%</td> </tr> <tr> <td>+7.9</td> <td>+5.9</td> </tr> <tr> <td>+5.3%</td> <td></td> </tr> <tr> <td>+9.7</td> <td></td> </tr> <tr> <td>+5.5</td> <td>-13.1*</td> </tr> </table> <p>Air 1 mg/m<sup>3</sup> NaCl n = 4 1 mg/m<sup>3</sup> NaCl + 1 ppm SO<sub>2</sub></p> <p>* p &lt; 0.5</p>	Post-rest	Post-exercise	Immediately	14 minutes	+0.3%	+2.5%	+7.9	+5.9	+5.3%		+9.7		+5.5	-13.1*	No delayed clinical effects occurred during subsequent 2 days; no exposure to SO <sub>2</sub> alone; Koenig et al. (1982a) suggest added effect of NaCl when SO <sub>2</sub> is added										
Post-rest	Post-exercise																											
Immediately	14 minutes																											
+0.3%	+2.5%																											
+7.9	+5.9																											
+5.3%																												
+9.7																												
+5.5	-13.1*																											
Stacy et al. (1981)	31 healthy male volunteers age 22-47 yrs, without skin response to ≥7 skin allergens; Control n = 15 exposed to air; Exposed n = 16 exposed to 0.75 ppm SO <sub>2</sub>	Total of 2 hrs exposures: 45 min at rest + 15 min exercise (post-exercise), and last hr at rest	<p>Δ FEV<sub>1</sub> %</p> <table border="0"> <tr> <td>Post-exercise</td> <td>End-exposure</td> <td>24-hrs</td> <td>Post-exposure</td> </tr> <tr> <td>+2.6%</td> <td>+1.2%</td> <td></td> <td>+2.1%</td> </tr> <tr> <td>-2.1</td> <td>-0.7</td> <td></td> <td>+0.2</td> </tr> <tr> <td></td> <td>Δ FVC %</td> <td></td> <td></td> </tr> <tr> <td>+0.6</td> <td>-0.2</td> <td></td> <td>+0.2</td> </tr> <tr> <td>+0.4</td> <td>-0.2</td> <td></td> <td>-0.6</td> </tr> </table> <p>Control 0.75 ppm SO<sub>2</sub></p> <p>Control 0.75 ppm SO<sub>2</sub></p>	Post-exercise	End-exposure	24-hrs	Post-exposure	+2.6%	+1.2%		+2.1%	-2.1	-0.7		+0.2		Δ FVC %			+0.6	-0.2		+0.2	+0.4	-0.2		-0.6	Authors conclude: subjects with positive allergen skin tests more reactive than skin test negative subjects; no significant health hazard to normal subjects under test conditions
Post-exercise	End-exposure	24-hrs	Post-exposure																									
+2.6%	+1.2%		+2.1%																									
-2.1	-0.7		+0.2																									
	Δ FVC %																											
+0.6	-0.2		+0.2																									
+0.4	-0.2		-0.6																									
Koenig et al. (1982a)	8 healthy adolescents age 12-14 yrs; without allergies or EIB or sensitivity to methacholine and normal PFT	30 min exposure at rest (post-rest) followed by 10 min exposure during exercise (measured 2-5 min and 18 min post-exercise); <u>mouth breathing via mouthpiece</u>	<p>Δ FEV<sub>1</sub> %</p> <table border="0"> <tr> <td>Post-rest</td> <td>Post-exercise</td> </tr> <tr> <td>2-5 minutes</td> <td>18 minutes</td> </tr> <tr> <td>+1.0%</td> <td>-3.3%</td> </tr> <tr> <td>-1.9</td> <td>-3.2</td> </tr> <tr> <td>-3.2*</td> <td>-4.5</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </table> <p>1 mg/m<sup>3</sup> NaCl 1 ppm SO<sub>2</sub> NaCl + SO<sub>2</sub></p> <p>* p &lt; 0.5</p>	Post-rest	Post-exercise	2-5 minutes	18 minutes	+1.0%	-3.3%	-1.9	-3.2	-3.2*	-4.5					No exposure to air alone; authors conclude asthmatic adolescents much more sensitive than healthy adolescents, and show no subjective symptoms at these concentrations										
Post-rest	Post-exercise																											
2-5 minutes	18 minutes																											
+1.0%	-3.3%																											
-1.9	-3.2																											
-3.2*	-4.5																											

**Table A (Cont'd)**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

Reference	Subjects	SO <sub>2</sub> Exposure	% Change in FEV <sub>1</sub> , FVC	Comments														
Koenig et al. (1982b)	8 atopic (allergic rhinitis) adolescents age 13-17 yrs with hyperactive airways but not asthmatics; EIB (>15% to FEV after 6 min exercise) and positive response to methacholine	30 min exposure via mouthpiece at rest + 10 min exposure while exercising (not enough to produce EIB); NaCl MMD = 0.9 µm (GSD = 2.0)	<table border="0"> <tr> <td>Post-rest</td> <td>Post-exercise</td> </tr> <tr> <td>+0.7%</td> <td>+1.0%</td> </tr> <tr> <td>0</td> <td>-4.4</td> </tr> <tr> <td>-4.7</td> <td>-21.9</td> </tr> <tr> <td>-1.7</td> <td>-17.7</td> </tr> </table> Air alone 1 mg/m <sup>3</sup> NaCl 1 ppm SO <sub>2</sub> (n = 5) SO <sub>2</sub> + NaCl	Post-rest	Post-exercise	+0.7%	+1.0%	0	-4.4	-4.7	-21.9	-1.7	-17.7	Study group estimated to constitute 35% of allergic persons <18 yrs; no statistically significant difference in SO <sub>2</sub> alone and SO <sub>2</sub> + NaCl; effects largely occurred after exercising				
Post-rest	Post-exercise																	
+0.7%	+1.0%																	
0	-4.4																	
-4.7	-21.9																	
-1.7	-17.7																	
Linn et al. (1982)	24 mild asthmatics 18-30 yrs; none on regular medication	1 hr exposure to 0.25 and 0.50 ppm SO <sub>2</sub> with alternating 10 min moderate exercise	<table border="0"> <tr> <td><math>\Delta</math> FEV<sub>1</sub> %</td> <td><math>\Delta</math> FVC %</td> </tr> <tr> <td>2.81 litres</td> <td>3.61 litres</td> </tr> <tr> <td>+4.2%</td> <td>+2.6%</td> </tr> <tr> <td>+0.5%</td> <td>+0.7%</td> </tr> </table> Only post-exposure FEV <sub>1</sub> and FVC available, so % change from 0 ppm available; $\Delta$ PFT % estimated as change from baseline PFT	$\Delta$ FEV <sub>1</sub> %	$\Delta$ FVC %	2.81 litres	3.61 litres	+4.2%	+2.6%	+0.5%	+0.7%	Authors conclude no meaningful effect of SO <sub>2</sub> on airways or symptoms; 0.25 ppm SO <sub>2</sub> possibly more favourable than clean-air; no pre-exposure spirometry values						
$\Delta$ FEV <sub>1</sub> %	$\Delta$ FVC %																	
2.81 litres	3.61 litres																	
+4.2%	+2.6%																	
+0.5%	+0.7%																	
Linn et al. (1983a)	23 asthmatics 18-30 yrs; screened to include SO <sub>2</sub> sensitive subjects; no routine use of asthma medication	mouthpiece vs. unencumbered breathing; 10 min exercise at 0.75 ppm SO <sub>2</sub>	<table border="0"> <tr> <td><math>\Delta</math> FEV<sub>1</sub> %</td> <td><math>\Delta</math> FVC %</td> </tr> <tr> <td>Unencumbered</td> <td>Unencumbered</td> </tr> <tr> <td>?</td> <td>?</td> </tr> <tr> <td>-7.5%</td> <td>-5.5%</td> </tr> <tr> <td>Mouthpiece</td> <td>Mouthpiece</td> </tr> <tr> <td>-2.2%</td> <td>+0.1%</td> </tr> <tr> <td>-23.2</td> <td>-9.6</td> </tr> </table> Air 0.75 ppm SO <sub>2</sub> Post-exposure values compared to post-exposure for air and unencumbered breathing	$\Delta$ FEV <sub>1</sub> %	$\Delta$ FVC %	Unencumbered	Unencumbered	?	?	-7.5%	-5.5%	Mouthpiece	Mouthpiece	-2.2%	+0.1%	-23.2	-9.6	Authors conclude mouthpiece breathing can compromise upper-respiratory defences against SO <sub>2</sub> compared to natural breathing, and should be taken into account in using data for air quality risk assessment
$\Delta$ FEV <sub>1</sub> %	$\Delta$ FVC %																	
Unencumbered	Unencumbered																	
?	?																	
-7.5%	-5.5%																	
Mouthpiece	Mouthpiece																	
-2.2%	+0.1%																	
-23.2	-9.6																	
Linn et al. (1983b)	23 asthmatics 19-31 yrs; screened to include SO <sub>2</sub> sensitive subjects; 12 on regular asthma medication	5 min heavy exercise; no medication prior to exposure	<table border="0"> <tr> <td><math>\Delta</math> FEV<sub>1</sub></td> <td><math>\Delta</math> FVC</td> </tr> <tr> <td>+3.07 liters</td> <td>+3.98 liters</td> </tr> <tr> <td><math>\Delta</math> FEV<sub>1</sub> %</td> <td><math>\Delta</math> FVC %</td> </tr> <tr> <td>-1.0%</td> <td>-0.3%</td> </tr> <tr> <td>-4.0</td> <td>-0.4</td> </tr> <tr> <td>-12.8*</td> <td>-3.2*</td> </tr> </table> 0 ppm (post-exposure value) 0.2 ppm 0.4 ppm 0.6 ppm * p < 0.05	$\Delta$ FEV <sub>1</sub>	$\Delta$ FVC	+3.07 liters	+3.98 liters	$\Delta$ FEV <sub>1</sub> %	$\Delta$ FVC %	-1.0%	-0.3%	-4.0	-0.4	-12.8*	-3.2*	Changes based on differences between post-exposure clean air and SO <sub>2</sub> exposure days, so day-to-day variation not accounted for and change at 0 ppm not reported		
$\Delta$ FEV <sub>1</sub>	$\Delta$ FVC																	
+3.07 liters	+3.98 liters																	
$\Delta$ FEV <sub>1</sub> %	$\Delta$ FVC %																	
-1.0%	-0.3%																	
-4.0	-0.4																	
-12.8*	-3.2*																	



**Table A (Cont'd)**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

Reference	Subjects	SO <sub>2</sub> Exposure	% Change in FEV <sub>1</sub> , FVC	Comments																				
Koenig et al. (1983)	9 asthmatics age 12-16 yrs under medical care for asthma; EIB, elevated IgE and positive inhalant skin-test reactions	30 min exposure via <u>mouthpiece</u> at rest (post-rest), 10 min exposure with moderate exercise (post-exercise); MMD of NaCl = 0.9 µm	<table border="0"> <tr> <td></td> <td><u>Post-rest</u></td> <td><u>2-3 minutes</u></td> <td><u>Post-Exercise</u></td> </tr> <tr> <td></td> <td></td> <td></td> <td><u>18 minutes</u></td> </tr> <tr> <td>1 mg/m<sup>3</sup> NaCl</td> <td>-2.9%</td> <td>-4.4%</td> <td>-0.7%</td> </tr> <tr> <td>0.5 ppm SO<sub>2</sub> + NaCl</td> <td>+3.9</td> <td>-15.0*</td> <td>-2.4</td> </tr> <tr> <td>1 ppm SO<sub>2</sub> + NaCl</td> <td>-1.1</td> <td>-22.9*</td> <td>-14.4</td> </tr> </table> <p>* p &lt; 0.05</p>		<u>Post-rest</u>	<u>2-3 minutes</u>	<u>Post-Exercise</u>				<u>18 minutes</u>	1 mg/m <sup>3</sup> NaCl	-2.9%	-4.4%	-0.7%	0.5 ppm SO <sub>2</sub> + NaCl	+3.9	-15.0*	-2.4	1 ppm SO <sub>2</sub> + NaCl	-1.1	-22.9*	-14.4	Responses are reversible, and duration of effect is related to exposure, so return to baseline is quicker at lower concentrations and is seen with SO <sub>2</sub> alone but not 1 ppm SO <sub>2</sub> + NaCl; exposure via <u>mouthpiece</u> (oral) produced similar changes as exposure via face mask (oronasal)
	<u>Post-rest</u>	<u>2-3 minutes</u>	<u>Post-Exercise</u>																					
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1 ppm SO <sub>2</sub> + NaCl	-1.1	-22.9*	-14.4																					
Stacy et al. (1983)	Normal healthy males; different subjects for each exposure; average age ~24 yrs; n = 10 subjects exposed to air, 11 subjects exposed to SO <sub>2</sub>	Total of 4 hrs exposure; 15 min exercise at 1 hr 45 min and at 3 hrs 45 min	<table border="0"> <tr> <td></td> <td colspan="2"><u>Δ PET at 2 Hours</u></td> <td colspan="2"><u>Δ PFT at 4 Hours</u></td> </tr> <tr> <td></td> <td><u>Δ FEV<sub>1</sub> %</u></td> <td><u>Δ FVC %</u></td> <td><u>Δ FEV<sub>1</sub> %</u></td> <td><u>Δ FVC %</u></td> </tr> <tr> <td>Air (n = 10)</td> <td>-1.2%</td> <td>-1.4%</td> <td>-2.5%</td> <td>-2.5%</td> </tr> <tr> <td>0.75 ppm SO<sub>2</sub></td> <td>-0.5</td> <td>+0.4</td> <td>-1.2</td> <td>-0.6</td> </tr> </table>		<u>Δ PET at 2 Hours</u>		<u>Δ PFT at 4 Hours</u>			<u>Δ FEV<sub>1</sub> %</u>	<u>Δ FVC %</u>	<u>Δ FEV<sub>1</sub> %</u>	<u>Δ FVC %</u>	Air (n = 10)	-1.2%	-1.4%	-2.5%	-2.5%	0.75 ppm SO <sub>2</sub>	-0.5	+0.4	-1.2	-0.6	Neither SO <sub>2</sub> nor the combination of SO <sub>2</sub> and sulphate particulates produced any significant effect on FEV <sub>1</sub> or FVC at 2 hrs, 4 hrs, or 24 hrs after exposure
	<u>Δ PET at 2 Hours</u>		<u>Δ PFT at 4 Hours</u>																					
	<u>Δ FEV<sub>1</sub> %</u>	<u>Δ FVC %</u>	<u>Δ FEV<sub>1</sub> %</u>	<u>Δ FVC %</u>																				
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0.75 ppm SO <sub>2</sub>	-0.5	+0.4	-1.2	-0.6																				
Hackney et al. (1984)	17 asthmatics selected for sensitivity to SO <sub>2</sub> ; 7 taking bronchodilators; medication stopped on test day	10 min exercise; 0.75 ppm SO <sub>2</sub> ; exposure via <u>mouthpiece</u>	<table border="0"> <tr> <td></td> <td><u>Δ FEV<sub>1</sub> %</u></td> </tr> <tr> <td>0.75 ppm SO<sub>2</sub></td> <td>-19.7%</td> </tr> </table>		<u>Δ FEV<sub>1</sub> %</u>	0.75 ppm SO <sub>2</sub>	-19.7%	Effect of exercise (0 ppm SO <sub>2</sub> ) on FEV <sub>1</sub> not tested; effect of SO <sub>2</sub> on AWR 3 x greater than effect of exercise. similar statistical significance of SO <sub>2</sub> on AWR and FEV <sub>1</sub> . No increased AWR after 1 hr exposure to SO <sub>2</sub>																
	<u>Δ FEV<sub>1</sub> %</u>																							
0.75 ppm SO <sub>2</sub>	-19.7%																							

**Table A (Cont'd)**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

Reference	Subjects	SO <sub>2</sub> Exposure	% Change in FEV <sub>1</sub> , FVC	Comments																											
Schachter et al. (1984)	10 asthmatics, 18-36 yrs; 4 on medication, and stopped prior to exposure; 8 with atopic history; predicted FEV <sub>1</sub> = 83%; 10 normal subjects, 23-38 yrs; 3 atopic; predicted FEV <sub>1</sub> = 102%	<u>Protocol 1:</u> 40 min exposure, first 10 min includes moderate exercise <u>Protocol 2:</u> 40 min exposure, no exercise	<u>Protocol 1 (exercise): Asthmatics</u>  % >20% Reduction <table border="1"> <tr> <td>Post-exposure</td> <td>0%</td> <td><math>\Delta</math>FEV<sub>1</sub> %</td> </tr> <tr> <td>exposure</td> <td>-1.5%</td> <td>Post-exposure</td> </tr> <tr> <td></td> <td>-1.9</td> <td>10 min</td> </tr> <tr> <td></td> <td>-3.</td> <td>Post-exposure</td> </tr> <tr> <td></td> <td>20%</td> <td>+0.8%</td> </tr> <tr> <td></td> <td>30%</td> <td>-1.5</td> </tr> <tr> <td></td> <td></td> <td>-3.9</td> </tr> <tr> <td></td> <td></td> <td>-4.2</td> </tr> <tr> <td></td> <td></td> <td>-5.7</td> </tr> </table> <u>Protocol 2 (no exercise): Asthmatics</u> 0 ppm 1 ppm SO <sub>2</sub> No change in FEV <sub>1</sub> at either concentration, immediate post-exposure  <u>Normal Subjects:</u> no significant reductions at any exposure for either protocol	Post-exposure	0%	$\Delta$ FEV <sub>1</sub> %	exposure	-1.5%	Post-exposure		-1.9	10 min		-3.	Post-exposure		20%	+0.8%		30%	-1.5			-3.9			-4.2			-5.7	Daily variation in mean baseline FEV <sub>1</sub> ~7% (2.56 - 2.75 L); changes in AWR similar to FEV <sub>1</sub>
Post-exposure	0%	$\Delta$ FEV <sub>1</sub> %																													
exposure	-1.5%	Post-exposure																													
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	-3.	Post-exposure																													
	20%	+0.8%																													
	30%	-1.5																													
		-3.9																													
		-4.2																													
		-5.7																													
Roger et al. (1985)	28 mild asthmatics 19-34 yrs; selected for sensitivity to methacholine; 6/28 EIB, 18/28 with cold air-induced asthma; medication stopped prior to exposure	75 min including 3 10-min exercise periods (42 l/min)	0 ppm 0.25 0.5 1 ppm  No statistically significance changes; actual values not reported	Bronchoconstriction (AWR) greatest after first exercise and progressively less after repeated exercise; spirometry ~12 min after last exercise, and since bronchoconstriction is transient may explain lack of effect																											
Linn et al. (1985)	24 COPD patients 49-68 yrs; mean FEV <sub>1</sub> /FVC = 47%; 20 on bronchodilators; medication stopped 4 hrs prior to exposure	60 min exposure, with exercise 0-15 min and 30-45 min (18 l/min), similar to most vigorous normal activity	0 ppm 0.4 ppm 0.8 ppm  $\Delta$ FVC % +1.8% -1.4 +0.4  $\Delta$ FEV <sub>1</sub> % -0.9% -1.7 0	No convincing evidence of physiological or clinical effects of SO <sub>2</sub> either as group means or individually; not even slight response in spirometry implies COPD less reactive than asthmatics and not susceptible population																											

**Table A (Cont'd)**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

Reference	Subjects	SO <sub>2</sub> Exposure	% Change in FEV <sub>1</sub> , FVC				Comments
Kulle et al. (1986)	20 healthy adults age 20-35 yrs, non-smokers with normal spirometry, not on medication, no history of allergic rhinitis	4 hrs exposure with 15 min exercise (~35 l/min) at beginning and end of 4 hrs period; PM = activated carbon MMD = 1.5 µm (GSD = 1.5) (517 µg/m <sup>3</sup> ); SO <sub>2</sub> concentration = 0.99 ppm; Control exposures = mean of before and after exposure day	Δ FEV <sub>1</sub> % 17 minutes (post exercise)	2 hours	4 hours	No effect on FVC or FEV <sub>1</sub> ; 1% of SO <sub>2</sub> adsorbed onto respirable carbon; which may explain why no important differences between SO <sub>2</sub> alone and SO <sub>2</sub> + carbon; small reduction after first 15 min of exercise/exposure to SO <sub>2</sub> and SO <sub>2</sub> + carbon, but not carbon alone; no significant decrements during second exercise period at exposure completion (4 hrs)	
			Control (air) +1.7% 0.99 ppm SO <sub>2</sub> -0.3 Post-exposure (air) +0.3 Mean air +1.0	+1.3% +0.3 +0.5 +0.9	+2.1% +0.8 +1.3 +1.7		
			Control (air) 0 0.5 mg/m <sup>3</sup> carbon +0.8 Post-exposure (air) +2.4 Mean air +1.2	+0.8 +1.6 +2.2 +1.5	+3.0 +1.6 +3.8 +3.4		
			Control (air) +1.6 SO <sub>2</sub> + carbon -0.8 Post-exposure (air) +0.8 Mean air +1.2	+2.2 +1.3 +0.5 +1.35	+2.7 +0.8 +1.3 +2.0		
Kehrl et al. (1987)	10 mild asthmatics, 20-30 yrs; excluded persons insensitive or very sensitive to SO <sub>2</sub> ; FEV <sub>1</sub> /FVC = 76%; preselected for mild-moderate bronchoconstriction after 10 min exercise + 1 ppm SO <sub>2</sub> ; medication stopped prior to exposure	60 min exposure plus: 1) 3 10-min intermittent exercise, 2) 30-min continuous exercise; exercise = brisk walk up slight incline (~41 l/min)	Δ FVC %		Δ FEV <sub>1</sub> %	Somewhat attenuated response (AWR) after second or third exercise; refractory period similar to that of exercise-induced bronchoconstriction	
			Intermittent exercise 0 ppm -2.4% 1 ppm -1.4 Continuous exercise 0 ppm -2.0 1 ppm -2.6 * p <0.05		-1.6% -5.8* -1.3 -8.0*		
Rondinelli et al. (1987)	10 normal non-smokers 55-73 yrs (117% predicted FEV <sub>1</sub> )	30 min rest (post-rest) + 10 min moderate exercise with 1 mg/m <sup>3</sup> NaCl; 1 mg/m <sup>3</sup> NaCl + 0.5 ppm SO <sub>2</sub> ; 1 mg/m <sup>3</sup> NaCl + 1 ppm SO <sub>2</sub>	Post-rest -2.6 -2.7 -2.6	Δ FEV <sub>1</sub> %	Post-exercise -5.3 -5.3 -5.4	Differences between text and table results; calculation shows no effect of SO <sub>2</sub> + NaCl	

**Table A (Cont'd)**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

Reference	Subjects	SO <sub>2</sub> Exposure	% Change in FEV <sub>1</sub> , FVC				Comments
				$\Delta$ FEV <sub>1</sub> , %	% Unable to Perform Exercise		
			20 minutes	60 minutes			
Linn et al. (1987)	24 normal subjects age 18-37 yrs; mostly no allergies; no substantial EIB	1 hr-exposure, (30 min = exercise to 43 l/min ventilation); alternating 10 min rest/exercise); exposed twice to same regime with average % change calculated; medication withheld from all subjects on medication	0 ppm	+0.5%	+1.05%	0%	Variation of baseline FEV <sub>1</sub> between exposures (high-low/low) = 1.2%
			0.2 ppm	+1.2	+1.4		
			0.4 ppm	+1.4	+0.15	2%	
			0.6 ppm	+1.4	+0.95		
	21 atopics age 18-32 yrs; multiple allergies but normal baseline PFT and no EIB (exercise-induced bronchoconstriction)		0 ppm	+0.5%	-0.5%	2.5%	1.1% variation of baseline FEV <sub>1</sub>
			0.2 ppm	-0.5	+0.3		
			0.4 ppm	-0.5	-0.9		
			0.6 ppm	-1.9	-0.8	0	
	16 minimal/mild asthmatics age 20-33 yrs; multiple allergies, normal baseline PFT; most no EIB; no regular medication		0 ppm	-1.6%	-0.4%	9%	~2-3% of general population; 1.7% variation in baseline FEV <sub>1</sub>
			0.2 ppm	-4.1	-1.6		
			0.4 ppm	-10.7	-5.4	15%	
			0.6 ppm	-18.4	-11.4		
	24 moderate/severe asthmatics age 18-35 yrs; multiple allergies, 10 with reduced baseline FEV <sub>1</sub> ; all had activity restrictions and regular medication		0 ppm	-8.4%	-9.5%	10%	~<1% of general population; 3.8% variation in baseline FEV <sub>1</sub>
			0.2 ppm	-9.5	-9.8		
			0.4 ppm	-17.9	-14.1	12	
			0.6 ppm	-25.3	-20.9		

**Table A (Cont'd)**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

Reference	Subjects	SO <sub>2</sub> Exposure	% Change in FEV <sub>1</sub> , FVC	Comments																
Koenig et al. (1987)	10 adolescent allergic subjects with EIB but without asthma; age 13-17 yrs; EIB = $\geq$ 15% reduction FEV <sub>1</sub> after 6 min exercise at >85% maximum O <sub>2</sub> consumption	10 min exposure via mouthpiece with exercise that did not elicit EIB (34 l/min)	<p><math>\Delta</math> FEV<sub>1</sub> %</p> <p>Air: placebo -1.3%                      albuterol (bronchodilator) -3.9                      0.75 ppm SO<sub>2</sub>: placebo -14.3                      0.75 ppm SO<sub>2</sub>: albuterol -4.2</p>	Albuterol prevented SO <sub>2</sub> -induced bronchoconstriction (-0.3% after subtraction of effect of air); -13% decrease FEV <sub>1</sub> after subtracting effect of exercise																
Linn et al. (1988)	20 mild asthmatics age 19-36 yrs, 11 on medication to relieve symptoms or before exercise/pollen exposure; all had hyper-reactive airways to methacholine, cold air, exercise, or SO <sub>2</sub> ; 9 on asthma medication, withheld prior to exposure	10 min exposure with continuous exercise (50 l/min volume); 3 pretreatment conditions: 1) none 2) placebo 3) bronchodilator = metaproterenol (MP)	<p><math>\Delta</math> FEV<sub>1</sub> %</p> <p>Treatment Prior to Exposure:</p> <table border="1"> <tr> <td>None</td> <td>Placebo</td> </tr> <tr> <td>-5.0% (2)</td> <td>-2.5% (2)</td> </tr> <tr> <td>-7.9 (2)</td> <td>-6.4 (2)</td> </tr> <tr> <td>-19.6 (7)</td> <td>-13.2 (3)</td> </tr> </table> <p>Bronchodilator                      +14.6% (1)                      +12.1 (0)                      +10.4 (0)</p> <p><math>\Delta</math> FEV<sub>1</sub> %, mean pre-exposure FEV<sub>1</sub> assumed to be 2.8 l  <math>\Delta</math> FVC % and AWR showed similar pattern to <math>\Delta</math> FEV<sub>1</sub> %                      ( ) = number taking bronchodilator MP post-exposure</p>	None	Placebo	-5.0% (2)	-2.5% (2)	-7.9 (2)	-6.4 (2)	-19.6 (7)	-13.2 (3)	Within 30 min post-exposure symptoms and FEV <sub>1</sub> mostly returned to pre-exposure values; authors conclude typical bronchodilator usage by asthmatics likely to reduce response to ambient SO <sub>2</sub>								
None	Placebo																			
-5.0% (2)	-2.5% (2)																			
-7.9 (2)	-6.4 (2)																			
-19.6 (7)	-13.2 (3)																			
McManus et al. (1989)	9 non-allergic asthmatics $\geq$ 55 yrs without respiratory disease; all on medication, which was stopped prior to exposure; ipratropium bromide and placebo also administered prior to exposure to 1 ppm SO <sub>2</sub>	20 min exposure via mouthpiece at rest; 10 min exposure while exercising; at ~26 l/min; PFT was measured 30 min after exposure and exercise (= recovery); same protocol as Rondinelli et al. (1987)	<p><math>\Delta</math> FEV<sub>1</sub> %: Table</p> <table border="1"> <tr> <td></td> <td>Post-resting</td> <td>Post-exercising</td> <td>Recovery</td> </tr> <tr> <td>Air</td> <td>-2.4% (-1.6, 0.8)</td> <td>-2.8% (-2.5, 1.1)</td> <td>-1.4%</td> </tr> <tr> <td>0.5 ppm</td> <td>-4.1 (4.6, 1.9)</td> <td>-6.5 (7.0, 2.0)</td> <td>-3.4</td> </tr> <tr> <td>1 ppm</td> <td>-6.8 (8.5, 5.4)</td> <td>-12.0 (-13.1, 5.6)</td> <td>-8.2</td> </tr> </table> <p>1 ppm SO<sub>2</sub>: Treatment Prior to Exposure                      Placebo -2.0%                      Bronchodilator +3.6                      (% FEV<sub>1</sub> calculated from baseline after pretreatment)                      ( ) = <math>\Delta</math> FEV<sub>1</sub> % and SEM from text; other values calculated from table</p>		Post-resting	Post-exercising	Recovery	Air	-2.4% (-1.6, 0.8)	-2.8% (-2.5, 1.1)	-1.4%	0.5 ppm	-4.1 (4.6, 1.9)	-6.5 (7.0, 2.0)	-3.4	1 ppm	-6.8 (8.5, 5.4)	-12.0 (-13.1, 5.6)	-8.2	Authors comment that non-allergic asthmatics are more sensitive than healthy adults, there is large variation in response, and while ipratropium bromide improves baseline PFT, it does not reduce the proportionate response to SO <sub>2</sub>
	Post-resting	Post-exercising	Recovery																	
Air	-2.4% (-1.6, 0.8)	-2.8% (-2.5, 1.1)	-1.4%																	
0.5 ppm	-4.1 (4.6, 1.9)	-6.5 (7.0, 2.0)	-3.4																	
1 ppm	-6.8 (8.5, 5.4)	-12.0 (-13.1, 5.6)	-8.2																	

**Table A (Cont'd)**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

<p>Koenig et al. (1989)</p>	<p>9 allergic adolescents with EIB; age 12-18 yrs; 5/9 also had mild/moderate allergic asthma</p>	<p>40 min exposure (30 min at rest, 10 min moderate exercise of 32 l/min) via <u>mouthpiece</u></p>	<p><math>\Delta</math> FEV<sub>1</sub>% Post-exposure -1.8% -2.3</p> <p>Air 0.1 ppm SO<sub>2</sub></p>	<p>There are preliminary results as 15 subjects are planned and final conclusions "must wait for conclusion of the study"</p>																		
<p>Linn et al. (1990)</p>	<p>21 moderate/severe medication-dependent asthmatics 18-50 yrs; 16 on theophylline, and usually added medication, e.g., <math>\beta</math>-adrenergic bronchodilators</p>	<p>10 min heavy exercise (50 l/min) during exposure to 0, 0.3, 0.6 ppm SO<sub>2</sub> and low, normal, and high medication  low = medication withheld prior to exposure; normal = usual medication; high = normal medication + metaproterenol</p>	<p>Post-exercise <math>\Delta</math> FEV<sub>1</sub>% (estimated from graph)</p> <table border="1"> <tr> <td>Medication</td> <td></td> </tr> <tr> <td>Low</td> <td>Normal</td> </tr> <tr> <td>-14.5%</td> <td>-12.2%</td> </tr> <tr> <td>-19.4</td> <td>-16.8</td> </tr> <tr> <td>-30.2</td> <td>-29.1</td> </tr> <tr> <td></td> <td>High</td> </tr> <tr> <td></td> <td>+15.2</td> </tr> <tr> <td></td> <td>+13.0</td> </tr> <tr> <td></td> <td>+9.5</td> </tr> </table> <p>SO<sub>2</sub> 0 0.3 ppm 0.6 ppm</p>	Medication		Low	Normal	-14.5%	-12.2%	-19.4	-16.8	-30.2	-29.1		High		+15.2		+13.0		+9.5	<p>Normal medication of metaproterenol provides similar protection for moderate/severe asthmatics as in mild non-medication dependent asthmatics (Linn et al., 1988). Theophylline improves baseline PFT but not effective against EIB or effects of SO<sub>2</sub></p>
Medication																						
Low	Normal																					
-14.5%	-12.2%																					
-19.4	-16.8																					
-30.2	-29.1																					
	High																					
	+15.2																					
	+13.0																					
	+9.5																					
<p>Koenig et al. (1990)</p>	<p>13 adolescents with allergic asthma and EIB age 12-18 yrs; 10/13 on regular medication; but withheld prior to exposure</p>	<p>45 min intermittent exercise (30 min at rest 15 min exercise of ~30 l/min) 120 ppb O<sub>3</sub> or air exposure, followed by 15 min 0.1 ppm SO<sub>2</sub> via <u>mouthpiece</u> and exercise</p>	<p><math>\Delta</math> FEV<sub>1</sub>%</p> <table border="1"> <tr> <td>2-3 min Post-exercise</td> <td>7-8 min Post-exercise</td> </tr> <tr> <td>-3.0%</td> <td>-1.3%</td> </tr> </table> <p>45 min air/ 15 min 0.1 ppm SO<sub>2</sub>  45 min 120 ppb O<sub>3</sub>/ 15 min 0.1 ppm SO<sub>2</sub></p>	2-3 min Post-exercise	7-8 min Post-exercise	-3.0%	-1.3%	<p>Response to SO<sub>2</sub> may have been exaggerated because of exposure via mouthpiece; effect of exercise not measured, and cannot differentiate effects of exercising vs. SO<sub>2</sub></p>														
2-3 min Post-exercise	7-8 min Post-exercise																					
-3.0%	-1.3%																					
<p>Devalia et al. (1994)</p>	<p>8 mild asthmatics with allergy to house dust mites, age 18-45 yrs; baseline FEV<sub>1</sub> <math>\geq</math>70% predicted; not on medication</p>	<p>6-hrs exposure at rest</p>	<p><math>\Delta</math> FEV<sub>1</sub>% (S.E.) -2.2 (3.0) -3.5 (3.8)</p> <p>Air 0.2 ppm SO<sub>2</sub></p> <p><math>\Delta</math> FVC% (S.E.) -4.1 (2.0) -1.9 (3.0)</p>	<p>SO<sub>2</sub> exposure did not significantly increase sensitivity (p = 0.51) to allergen inhalation</p>																		

**Table A (Cont'd)**

Selected Chamber Studies of Acute Changes in Spirometry when Experimentally Exposed to SO<sub>2</sub>

AWR	-	airway resistance
COPD	-	chronic obstructive pulmonary disease
EIB	-	exercise-induced bronchoconstriction
Exercise	-	expressed as ventilation (l/min)
FEV <sub>1</sub>	-	forced expiratory volume in 1 second
FVC	-	forced vital capacity
GSD	-	geometric standard deviation
MMAD or MMD	-	mass mean aerodynamic diameter (µm)
PFT	-	pulmonary function test
Δ PFT %	-	$\frac{\text{post-exposure pre-exposure}}{\text{pre-exposure}} \times 100$
PM	-	particulate matter
SE	-	standard error
Shaded area	-	>5% mean reduction after subtraction of effects at 0 ppm

**FIGURE 1**

**Distribution of individual airway sensitivity to SO<sub>2</sub>  
[PC(SO<sub>2</sub>).Cumulative percentage of subjects is plotted as a  
function of PC(SO<sub>2</sub>) and each data point represents PC(SO<sub>2</sub>) for  
an individual subject**