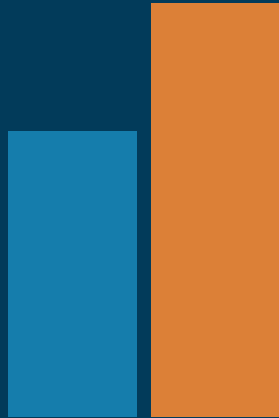


Asthma & Obesity



Obesity is associated significantly with the development of asthma, worsening asthma symptoms, and poor asthma control.

In 2010, the obesity rate among adults with current asthma (38.8%) was significantly higher than the rate among adults without current asthma (26.8%).

Centers for Disease Control and Prevention. Behavioral Risk Factors Surveillance System (BRFSS)—Adult Asthma Call-back survey Data, 2006-2010.

Obesity is capable of reducing pulmonary compliance, lung volumes, and the diameter of peripheral respiratory airways as well as affecting the volume of blood in the lungs and the ventilation-perfusion relationship.

THE TREATMENT OF OBESE ASTHMATICS MUST INCLUDE A WEIGHT CONTROL PROGRAM.

Delgado J1, Barranco P, Quirce S. Obesity and asthma. *Journal of Investigational Allergology and Clinical Immunology*. 2008;18(6):420-5.



Many studies of surgical and diet-induced weight loss have shown that **WEIGHT LOSS IN THE OBESE INDIVIDUAL WITH ASTHMA LEADS TO SIGNIFICANT IMPROVEMENTS IN ASTHMA CONTROL.**

Dixon AE, Holguin F, Sood A, Salome CM, et al. An official American Thoracic Society Workshop report: obesity and asthma. *Proceedings of the American Thoracic Society* 2010; 7(5): 325-35.

Obesity not only affects lung mechanics, but has significant effects on asthma control and response to medication, and these changes appear to be independent of airway cellular inflammation.

Dixon AE, Holguin F, Sood A, Salome CM, et al. An official American Thoracic Society Workshop report: obesity and asthma. *Proceedings of the American Thoracic Society* 2010; 7(5): 325-35.