

"YOUR AIRWAYS" - FALL 2013

OBESITY EFFECTS ASTHMA

Asthma and obesity have a considerable impact on public health and their prevalence has increased in recent years.

- * **Obesity is a risk factor for developing asthma**
- * **Studies have found a positive correlation between BMI (baseline body mass index) of 30 or more & the subsequent development of asthma**
- * **Weight gain increases the risk of asthma flare-ups**
- * **Weight loss improves the course of the illness**

- * **Overweight and obese children have a higher chance of developing asthma, with more severe symptoms**
- * **Obese adults with asthma are 5 times more likely to be hospitalized due to asthma**
- * **In 2012, the worst flare-ups in seniors were linked with obesity**
- * **Obese people are also more likely to experience acid reflux, which can trigger & mimic asthma symptoms**
- * **Obese asthmatics have chronic low-grade systemic inflammation**



- * **Asthma treatment plans should include assessing BMI along with allergies, smoking and other normal triggers**
- * **Immune responses are altered in the obese**



Basic Asthma Care and Prevention:

- * Avoid close contact with those who are sick
- * Avoid shaking hands with others
- * Wash your hands before touching your face
- * Take your daily asthma medicine
- * Have a plan so you don't run out of medicine
- * Eat a healthy diet and drink plenty of water
- * Exercise regularly
- * Talk to your doctor about a "Flu" vaccine
- * Get plenty of rest and sleep
- * Use tissues to cover your mouth when sneezing/coughing and to cover your nose when blowing; washing your hands afterwards
- * Clean surfaces you touch
- * When you are sick, stay home and rest
- * Keep rescue medicine with you at all times

A Publication of Doctors Direct Healthcare, Inc.