21. OVERWEIGHT AND OBESITY: PREVALENCE AND EFFECT ON ASTHMA CONTROL


Objective: In the recent years both obesity and asthma are increasing worldwide. A variety of recent studies suggest a specific obesity-asthma phenotype. We aimed to determine prevalence and impact of overweight and obesity on the level of asthma control in outpatient asthma clinic.

Methods: We included subjects with confirmed asthma diagnosis from the outpatient population aged 16 years and older. It was a cross-sectional study. All patients were evaluated by asthma control questionnaire and pulmonary function tests. Nutritional status was classified by body mass index (BMI).

Results: The study population was composed of 86 patients (17 male, 69 female) with a mean age of 42.01 ± 12.4 years. Fifty point five percent of the patient were with normal weight, 31% were classified as overweight and 18.5% as obesity. The BMI was higher in women than in men. Asthma control was poorer in obese and overweight patient. Sex was identified as independent factor associated with obesity.

Conclusions: In this study we found significant difference with respect to asthma control in obese an non-obese group. Asthma control was worse in obese and overweight patient. Female sex is strongly associated with obesity in asthmatic patients.

Keywords: Obesity, Overweight, Asthma control, Lung function, Body mass index