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

Angelovska I., Kaeva Jovkovska B., Stojkovic J., Arsovski Z.,
Debreslioska A., Jovanoski S., Pejkovska S., Ismaili I.

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 $42,01 \pm 12,4$ 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 and 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