

## For the Patient

The full report is titled "Obesity-asthma phenotype: Effect of weight gain on asthma control in adults." It is in the July-August 2016 issue of *Allergy Asthma Proceedings* (volume 37, pages 311 to 317). The authors are Zeynep Çelebi Sözüner, Ömür Aydın, Dilşad Mungan, and Zeynep Mısırlıgil. *For the Patient* is provided to the physicians so that the patients can better understand the language of modern medicine.

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*For the Patient* is written by the editors (Bellanti JA, and Settignano RA) and provided to practitioners so that patients can better understand the usefulness of new information resulting from medical research.

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### **Obesity and asthma in the adult: Effect of weight gain on asthma control**

Obesity has been associated with a number of diseases, including diabetes, hypertension, cardiovascular disease, and respiratory disorders, and, more recently, has been identified as a major risk factor for the development of asthma. In the individual who is obese, asthma tends to be more severe, does not respond as well to treatment, and is becoming a major public health issue in many countries throughout the world. In a recent study, Zeynep Çelebi Sözüner, M.D., and colleagues from the Division of Allergy and Clinical Immunology, Ankara University School of Medicine Department of Chest Diseases, Ankara, Turkey, evaluated the effect of obesity and weight gain on asthma control in a group of adult patients.

#### **Who or What was Proposed to be Studied?**

The study population consisted of 218 patients (29 men and 189 women) with a mean ( $\pm$  standard deviation) age of  $52.01 \pm 11.6$  years. Fifty-four percent of these patients were obese, 27.5% were overweight, and 18.3% were of normal weight.

#### **How was the Study Done?**

The investigators measured body mass index (BMI) (a weight-to-height ratio), a tool that has been used as a standard for recording obesity statistics by the World Health Organization. To determine the effect of obesity in this group of adult patient with asthma, BMI was compared with asthma control status. To determine the effect of weight gain, baseline BMI (obtained at the time of the original asthma diagnosis) was compared with current BMI, and this difference was compared with asthma control status.

#### **What are the Limitations of the Proposed Study?**

One of the limitations of the study was the great variability of the research subjects and its retrospective design.

#### **What are the Implications of the Study?**

The results of the study show a significant relationship between obesity and asthma control. In addition, weight gain in patients without allergy was found to worsen asthma control. The findings of this study show that obesity and weight gain lead to a decrease in asthma control and suggest that weight loss should be considered in the management of patients with asthma. Continued research in this area is clearly indicated. □