

Effect of BMI on Bronchial Asthma in Indian Adults

Vishal Patidar, Sanjay Tandon, ST Nagdeote, Daksh Sharma

Department of Pulmonary Medicine, People's College of Medical Sciences & Research Centre, Bhopal (MP)

ABSTRACT

Asthma and obesity are main public health problems. The association between severity of asthma and obesity remains controversial and is limited to small studies. The aim of our study was to investigate the role of BMI on asthma severity.

All patients of age 18 years and above, attending the Department of Pulmonary Medicine, People's Hospital (a tertiary Care Hospital of People's College of Medical Sciences & Research Centre, Bhopal) with symptoms or diagnosis of asthma were included in the study. Patients were selected prospectively over a period of 1 year and 6 months and were classified according to BMI (Body Mass Index) and asthma severity. Seventy five patients were included in the study and there were 37(49.3%) female patients. Mean age was 36.8 years. Patients were grouped according to Global Initiative for Asthma (GINA) staging in which 26.7% patients were classified with intermittent asthma, 24% mild persistent asthma, 33.3% moderate persistent asthma and 16% with severe persistent asthma. In our study obesity (BMI) and asthma severity (GINA staging) showed statistically significant positive correlation (p-value<0.05). It is inferred that obesity is a potentially preventable factor for asthma control.