

# NUTRITION AS A POTENTIAL DETERMINANT OF ASTHMA

---

Pinheiro J<sup>I</sup>, Cantista P<sup>II,III</sup>, Santos C<sup>III</sup>, Castro H<sup>III</sup>, Cachapuz I<sup>III</sup>

## OBJECTIVE

Diet may be an important component of the comprehensive thermal treatment. The aim of this study was to evaluate the efficacy of nutrition in the improvement of asthma and consequently its inclusion on balneology programs.

<sup>I</sup> Nutritionist, Termas de São Jorge.

<sup>II</sup> Clinical Director, Termas de São Jorge.

<sup>III</sup> Hydrologist Doctor, Termas de São Jorge.

## INTRODUCTION

Asthma is a condition of the lungs that results in inflammation of the air-passages. Asthma is a common source of morbidity and a significant cause of preventable mortality. Several treatments are available, including thermal treatments. Diet can play an important role in the control of asthma symptoms, when combined to a multidisciplinary approach.

## MATERIAL AND METHODS

Search for articles in Medline, UpToDate, National Guideline Clearinghouse, Cochrane Library, and TRIP Database, using the terms asthma, nutrition and Mediterranean diet. The search was limited to articles published between January 2002 and March 2012, in English, Portuguese, Spanish and French.

## RESULTS

Studies suggest that an adherence to the healthy Mediterranean dietary pattern can confer a significant protection against the development of asthma.

## CONCLUSIONS

It is now apparent that this multidisciplinary approach is required to move forward and understand the complexity of the interaction of dietary factors and asthma. The adherence to the Mediterranean diet may provide protection against asthma. However, more studies are needed to better understand the mechanisms of this protective effect.