Obesity Increase the Incidence of Asthma in women

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Introduction: both obesity and asthma are on rise in worldwide. Increasing prevalence of obesity may partly explain the rising asthma and obesity is a risk factor for asthma .prevalence asthma was approximately 10 percent for adults .Using cross sectional data from many study found that BMI was linearly related to the prevalence of asthma in women but not in men.

Method: A search in the medical literature from 2000 and onwards was carried out through Medline and Embase for publications on obesity, in combination with Medical Subject Heading (MeSHs) words related to asthma.

Result: The relations between the weight and asthma were examined for men and women .in most several recent cross-sectional studies in journals show that have significant association between BMI and asthma in women but not in men. Some studies demonstrated that BMI was positively associated with wheezing and airway hyperresponsiveness (AHR) in girls but not in boys, whereas another study found BMI to be associated with asthma in both boys and girls. mechanisms relating obesity and asthma are likely to include inflammatory mediator's mechanical factor and immune factor and leptin level that are all altered in obese case. One plausible hypothesis is that female sex hormones play an important role in the etiology of asthma and (AHR) that these hormones are influenced by obesity .women admission for asthma is higher than men. Most of studies show that obesity is a risk factor for adult asthma in women.

Conclusion: Increasing rates of obesity have paralleled increasing rates in asthma prevalence but the interrelation is uncertain obesity may be a risk factor for asthma due to the generation of inflammatory mediators that lead to airway hyper responsiveness. Obese patients with asthma do not respond as well as normal weight patients to treatment. Several prospective studies of obese asthmatics have shown that weight reduction leads to improved pulmonary function, and reduced severity and frequency of asthma symptoms

Key words: obesity, asthma, hyperresponsiveness (AHR)