

- Obesity / Asthma

## Obese kids less likely to get inhaler benefit

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ASTHMATIC children are less likely to respond to inhaled steroids if they are overweight or obese, leading to more frequent asthma attacks, a study has found.

Researchers say the data is the first to use information on genetic variants linked to body mass index (BMI) to investigate if a poor response to inhaled corticosteroids (ICS) is likely to be due to excess weight or to other factors.

These factors include things such as living in neighbourhoods with poor air quality or being exposed to cigarette smoke.

Dr Cristina Longo was a postdoctoral fellow at Amsterdam University Medical Centre when she carried out the research.

Now an assistant professor at the University of Montreal, Canada, she said: “Children with asthma who are overweight or obese are more likely to have worse symptoms despite being on the recommended treatment of inhaled corticosteroids, making it not only challenging to achieve a healthy weight but also to improve their quality of life.”