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**Title:** Effect of asthma control and quality of life on the use of alternative medicine

Dr. Ela 16963 Erdem elaerdem@yahoo.com MD <sup>1</sup>, Dr. Yasemin 16964 Gokdemir yase76@yahoo.com MD <sup>1</sup>, Prof. Dr Refika 16965 Ersu rersu@yahoo.com MD <sup>1</sup>, Prof. Dr Fazilet 16966 Karakoc fazilet\_karakoc@yahoo.com MD <sup>1</sup> and Prof. Dr Bulent 16967 Karadag bkaradag@hotmail.com MD <sup>1</sup>. <sup>1</sup> Department of Pediatric Pulmonology, Marmara University School of Medicine, Istanbul, Turkey .

**Body:** Asthma is the most common chronic lower respiratory tract disease of childhood. It may affect the quality of life of the child and the parents. Nowadays, use of alternative treatment (AT) methods are increased in treatment of asthma and/or relief of symptoms. But there are limited studies showing the efficiency of AT and evaluating the association between asthma control and AT usage. We investigated the prevalence of AT usage and effect of AT usage on asthma control and quality of life in patients with asthma. Study included 80 patients with asthma followed up in Pediatric Pulmonology Department. "Pediatric Asthma Quality of Life Questionnaire" (PAQLQ) was used to evaluate the quality of life; "Asthma Control Test" (ACT) and "Asthma Control Questionnaire" (ACQ) were used to measure asthma control. Mean age of the patients were  $9.2 \pm 3.2$ . 63.8% of the patients used at least one method of AT in their life besides the recommended treatment. The most commonly used methods were; carob molasses (36.3%), herbals (%26.3), quails (22.5%), honey in black radish (15%), chestnut honey (11.3%) and bee pollen (5%), respectively. Of whole, 59.6% of the patients got benefit from AT. Mean score of PAQLQ was  $5.9 \pm 1.0$ . Parents with younger kids were found to use more AT methods ( $p=0.002$ ). There were no association between the use of AT and time of the diagnosis of asthma, time of anti-inflammatory drugs usage, PAQLQ, ACT and ACQ ( $p>0.05$ ). In conclusion, AT is frequently used in our patients. We found that there was no effect of level of asthma control and quality of life on preferring AT.