

**Title:** Relationship of body mass index and current asthma status among adult asthmatics presenting in the outpatient department

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**Body:** PURPOSE: To determine whether a relationship between body mass index (BMI) and current asthma status among adult asthmatics seen in the outpatient department exists and the impact of asthma control upon enrollment to the asthma comprehensive care unit for proper education. METHODS: All adult patients who fulfilled the inclusion criteria seen in the outpatient department (OPD) of the Philippine General Hospital from November 2010 to December 2011 referred by consultants, fellows in training and residents will be gathered and ask to complete a questionnaire after informed consent was obtained. If subject has no pulmonary function test, a free pulmonary function test will be done. Levels of control will be determined as well as medications and computation of BMI. RESULTS: BMI status was significantly associated with outcome measures. Majority of the obese patients have uncontrolled asthma. Results showed that patients, regardless of their body mass index, who were enrolled at the Philippine General Hospital Asthma Comprehensive Care Unit, have better asthma control, decrease asthma severity, higher FEV1, and good response to bronchodilator. CONCLUSIONS: Obese asthmatic patients have more severe asthma, poorer asthma control, with more recent asthma attacks, more frequent usage of relievers, and less responsive to bronchodilators. Those asthmatics with proper education of their disease have better levels of control. CLINICAL IMPLICATIONS: Proper weight management improves asthma control; prevent asthma attacks and better response to bronchodilators. Thus prevent hospitalization. Enrollment to asthma education program enhanced asthma management.