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Title: Effect of regular exercise on asthma control in young adults

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Body: Background: According to systematic literature search, only a few studies have assessed the effects of regular exercise on asthma control. To our knowledge no other study has assessed these effects among young adults. Aims: The aim of this study was to investigate the effects of regular exercise on asthma control. Methods: We analyzed with a cross-sectional design the Espoo Cohort 2010 questionnaire data collected at the 20-year follow-up. A total of 152 asthmatics 20-27 years old participated. Asthma control was evaluated by asthma-related symptoms including occurrence of wheezing, shortness of breath, cough, and phlegm production during the past 12 months. Asthma symptom score was calculated based on the frequencies of these symptoms (Range: 0-12). Exercise was assessed by hours/week. Results: Our results show that asthmatics who exercise regularly experience less asthma symptoms such as wheezing and shortness of breath. Also phlegm production was reduced in relation to regular exercise. Poisson regression showed that asthma symptom score was reduced by -0.45 points/hour of exercise (95 % CI: -0.72 - -0.17). Conclusions: Our results indicate that asthma symptoms are reduced in relation to regular exercise. We conclude that asthmatics seem to benefit from regular exercise leading to an improvement in asthma control.