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Title: Physical activity in patients with asthma referred to a pulmonologist, a pilot-study

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Body: Introduction Physical activity (PA) in daily life has been reported to be low in patients with COPD. In patients with asthma the evaluation of PA has rarely been topic of research. Therefore, the aim of the present pilot-study was to evaluate PA in daily life in patients with asthma newly referred to a pulmonologist. Methods and materials In 20 patients with asthma, PA was measured over 7 consecutive days using the Dynaport® Activity Monitor (McRoberts, The Netherlands). The dynaport is a well validated instrument to measure PA in patients with obstructive lung disease. The average number of steps per day, physical activity level (PAL), the time spent at exercise intensity > 3 MET and lying time were selected as parameters of interest. Outcomes were related to accepted PA recommendations for maintaining fitness. Results Patient characteristics are presented in Table 1. Three patients (25%) had asthma in control (ACQ<0.75), 7 (35%) had partially controlled (ACQ 0.75-1.5) and 8 patients (40%) uncontrolled asthma (ACQ>1.5). Results with respect to PA are shown in Table 2. Only 2 patients (10%) had >10.000 of the recommended steps/day and only 4 patients (20%) were > 2 hours/day engaged in exercise with an intensity > 3 MET. Conclusion Numerous patients with asthma referred to secondary care, do not meet the recommendations of PA necessary to maintain physical fitness.

Table 1. Patient Characteristics

Age (years)	42±18
Gender (M/F)	7/13
BMI (Kg/m ²)	29.7±5.2
FEV1 (l.) (%pred)	3.16±1.0 (98±12)
ACQ (points)	1.64±1.0
AQLQtotal (points)	5.0±1.1

Table 2. Physical activity

Steps/day (average counts/day)	6382±2869
PAL (average/day)	1.46±0.10
Active time (average hours/day)	1.49±0.56
Lying (average hours/day)	10.6±1.60