

Add Vitamin D to your treatment regimen, help reduce asthma attacks

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A new finding reveals the importance of **Vitamin D** with controlling **asthma attacks** in many patients.

Accordingly, this is the latest discovery by an international research group led by Professor Adrian Martinea operating at the Asthma Center in the UK. The new discovery shows that adding vitamin D to the treatment regimen for asthma patients may help reduce the number of episodes of these patients.

To get this finding, Professor Adrian Martinea and his team followed the online medical record of 435 children and 658 adults with asthma. All of these patients were applied to Vitamin D on asthma treatment regimens. The results showed that the frequency of asthma attacks of these patients after oral vitamin D supplementation during the period of 6-12 months reduced from 3 to 6%.



This study has just been published in the European Respiratory Asthma Association 2016. (Image Source: Internet.)

The team showed that it was Vitamin D that reduced the potential steroids from asthma attacks as well as limiting the symptoms of immediate respiratory inflammation, which often triggered asthma attacks shortly afterwards.

However, experts warn, the use of Vitamin D in asthma treatment must be very careful because not all asthma patients can use it, and promote true effectiveness. Avoid abuse to cause many other complications from asthma. All must be diagnosed by a physician specialist and a clear combination regimen if possible.

Huynh Dung (According to Medicalnewstoday)

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