

Vitamin D supplementation reduces the risk of severe asthma by half

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The new findings suggest that there is a 50% reduction in the risk of severe asthma, hospitalization or hospitalization if the patient is supplemented with sufficient vitamin D.

Previously, asthma-related deaths arose primarily during periods of severe exacerbation of symptoms such as 'effusion', often triggered by associated respiratory infections.



According to Queen Mary University researchers, vitamin D is thought to be able to protect against such attacks by enhancing the immune response to respiratory viruses and reducing inflammation. Harmful respiration, lowering the risk of death caused by asthma.

To reach this conclusion, scientists in the US conducted an analysis of 955 participants in seven randomized controlled trials, examining the use of vitamin D supplemented drugs.

The results showed that the patients treated with steroid tablets or vaccinations had a 30% reduction in asthma. The results are based on data from adults with mild to moderate asthma, children and adults with severe asthma are less involved in this new study.

Lead researcher Adrian Martineau said the results add to the evidence that vitamin D may support immune function as well as bone health in the body.

"On average, three people in the UK die from asthma every day. Vitamin D is safe and may be a relatively effective strategy to reduce mortality from the disease," Martineau added.

Participants showed a 55% reduction in the incidence of asthma requiring treatment with steroid tablets or injections according to a strict treatment regimen with vitamin D supplementation.

This study has just been published in the journal Lancet Respiratory Medicine.

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