

Oral contraceptives may benefit women with asthma

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New research shows that during natural menstrual cycles, women with asthma who were not taking oral contraceptives (OC) had lower exhaled nitric oxide levels (eNO), a marker of airway inflammation associated with asthma, than women who were taking OC.

Researchers from McMaster University in Hamilton, ON, Canada, studied 17 [women](#) with asthma during their menstrual cycles. Results showed that individuals not using [oral contraceptives](#) (OC) had higher mean eNO levels than women using OC.

Furthermore, among women not using oral contraceptives, an increase in estrogen levels was associated with a decrease in eNO, while an increase in progesterone was significantly associated with an increase in eNO. Researchers speculate that OC may have a potential role in the management of premenopausal women with [asthma](#).

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Source: American College of Chest Physicians

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