

CPAP improves asthma control, QoL for adults with asthma, OSA

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(HealthDay)—For adults with asthma and obstructive sleep apnea

syndrome (OSAS), continuous positive airway pressure (CPAP) is associated with improved asthma control, quality of life, and lung function, according to a study published online Oct. 12 in *Allergy*.

José Serrano-Pariente, M.D., Ph.D., from the Hospital Comarcal de Inca in Balearic Islands, Spain, and colleagues conducted a prospective study to examine asthma outcomes after six months of CPAP in 99 adults with asthma with OSAS. The Asthma Control Questionnaire (ACQ) and the Mini Asthma Quality of Life Questionnaire (MiniAQLQ) were used to assess [asthma control](#) and quality of life.

The researchers found that from baseline to six months there was a decrease in the mean score of the ACQ (1.39 ± 0.91 to 1.0 ± 0.78 ; $P = 0.003$), in the percentage of patients with [uncontrolled asthma](#) (41.4 to 17.2 percent; $P = 0.006$), and in the percentage of patients with [asthma attacks](#) in the six months prior to and following treatment (35.4 to 17.2 percent; $P = 0.015$). There was an increase in the MiniAQLQ score (5.12 ± 1.38 to 5.63 ± 1.17 ; $P = 0.009$). Significant improvements were seen in gastroesophageal reflux and rhinitis symptoms, bronchial reversibility, and exhaled nitric oxide values (all P

"Asthma control (both actual and future risk), quality of life, and lung function improved after starting continuous positive airway pressure in asthmatics with moderate to severe [obstructive sleep apnea](#) syndrome," the authors write.

More information: [Abstract](#)
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