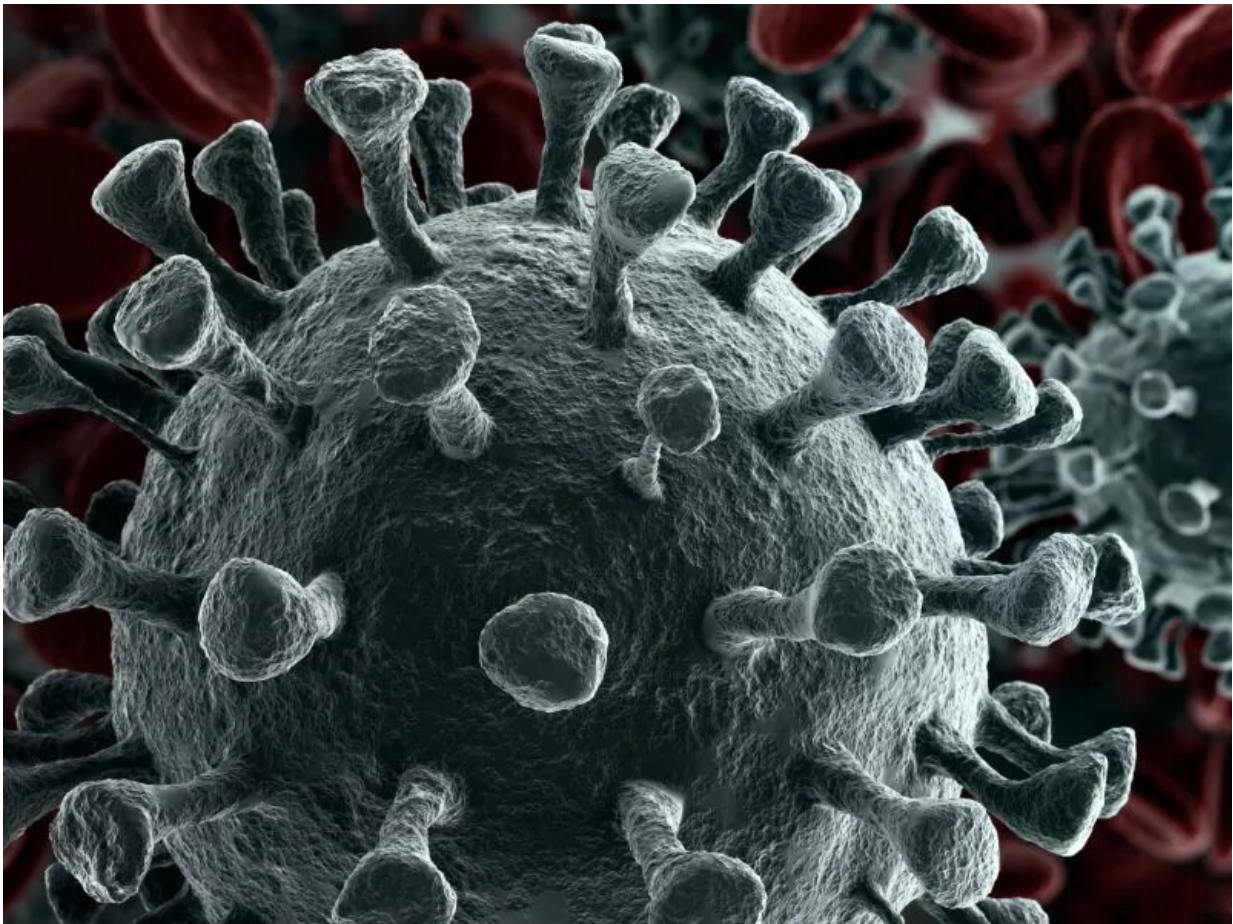


# Curbing COVID brought unexpected benefit for asthma patients

October 20 2020

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(HealthDay)—Measures enacted to slow the spread of the new

coronavirus also appeared to reduce hospitalizations for asthma, a new study finds.

Researchers compared weekly data on hospitalizations at 272 hospitals in Japan in the first five months of 2020 to the same period in 2017, 2018 and 2019.

Asthma hospitalizations in 2017-19 and 2020 showed similar trends until week eight, but in 2020 hospitalizations began to decline in week nine, the study found.

Hospitalizations for COVID-19 were first recorded during week seven of 2020. Further analysis found a [significant decrease](#) in the average number of asthma hospitalizations during weeks nine to 22 of this year compared to 2017-19.

The findings were published Oct. 13 in *The Journal of Allergy and Clinical Immunology: In Practice*.

"Asthma hospitalizations usually indicate that an individual's asthma is not currently under control," corresponding author Dr. Atsushi Miyawaki, of the University of Tokyo, said in a journal news release. "This would suggest that asthma control improved during the pandemic. It illustrates the importance of environmental factors when it comes to treating and managing patients with asthma."

One possible explanation is that increased hygiene to prevent COVID-19 would also reduce exposure to asthma triggers, according to the researchers. Enhanced precautions—such as frequent cleaning and reduced smoking—by people concerned that COVID-19 may trigger asthma may also have helped reduce triggers.

Other possible explanations include people being more likely to use

preventative asthma medications, and community COVID-19 prevention measures helping reduce other respiratory infections, which can cause worsen [asthma](#).

**More information:** The U.S. National Heart, Lung, and Blood Institute has more on [asthma](#).

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Citation: Curbing COVID brought unexpected benefit for asthma patients (2020, October 20) retrieved 12 July 2023 from <https://medicalxpress.com/news/2020-10-curbing-covid-brought-unexpected-benefit.html>

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