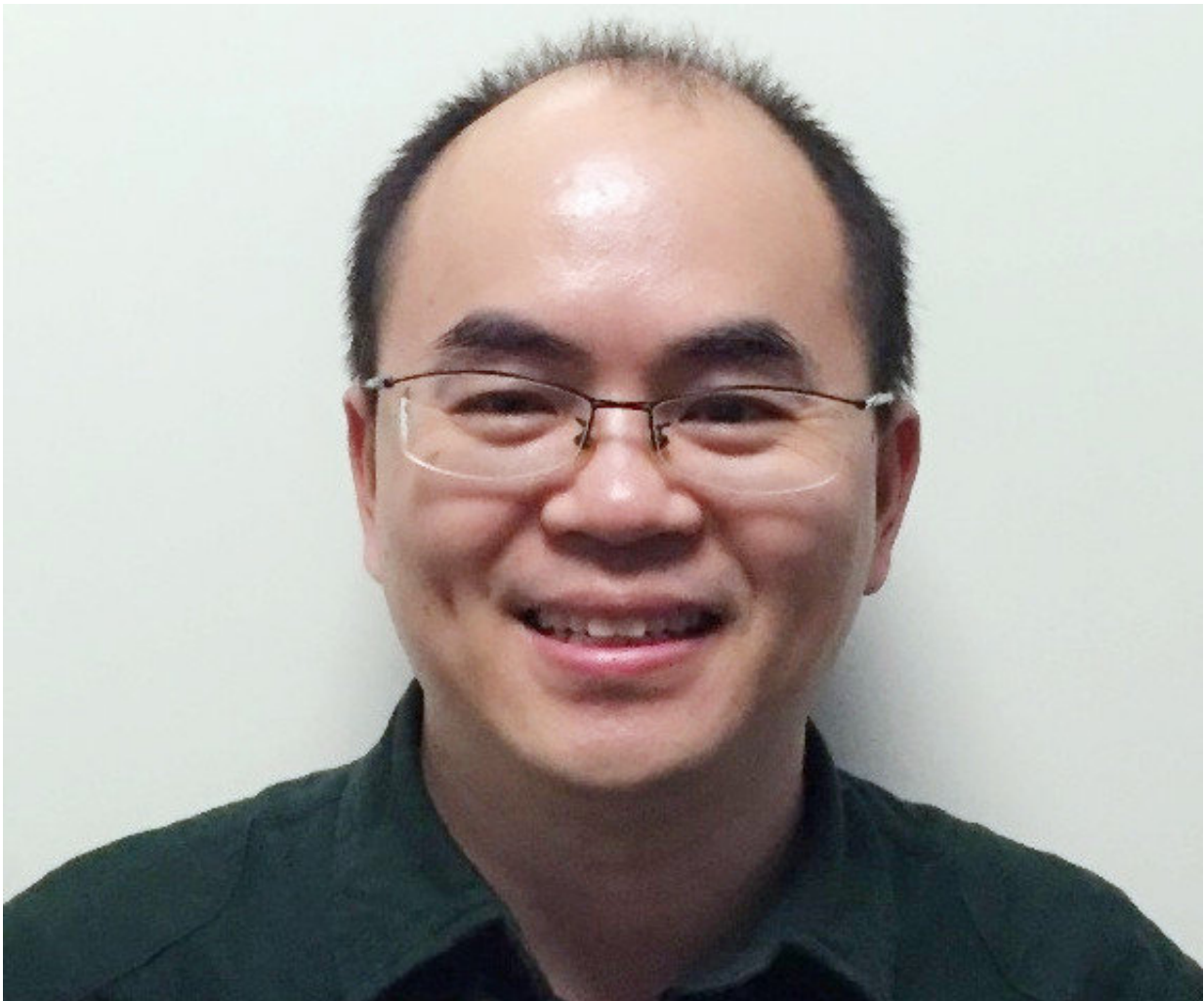


Consumption of fast food linked with asthma and other allergic diseases

July 5 2018



Dr. Gang Wang, of West China Hospital, Sichuan University. Credit: *Respirology*

A new *Respirology* review and analysis of published studies reveals a link between fast food consumption and an increased likelihood of having asthma, wheeze, and several other allergic diseases such as pollen fever, eczema, and rhino-conjunctivitis.

The analysis included 16 studies. In terms of different types of fast food consumption, hamburger intake was most prominently associated with allergic diseases in a dose-dependent manner, irrespective of consumers' income.

The authors note that poor quality diet is likely to contribute to the development and progression of asthma and wheeze via multiple mechanisms. "Additional studies are needed to confirm the relationships seen in this analysis, however, and to identify potential causal associations between the [consumption](#) of fast food and [allergic diseases](#)," said senior author Dr. Gang Wang, of West China Hospital, Sichuan University.

More information: Cheng S. Wang et al, Is the consumption of fast foods associated with asthma or other allergic diseases?, *Respirology* (2018). [DOI: 10.1111/resp.13339](https://doi.org/10.1111/resp.13339)

Provided by Wiley

Citation: Consumption of fast food linked with asthma and other allergic diseases (2018, July 5) retrieved 18 December 2022 from <https://medicalxpress.com/news/2018-07-consumption-fast-food-linked-asthma.html>

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