

# Late-breaking study finds aerobic exercise significantly improved asthma control

October 19 2015

---

Researchers from Hospital du Sacre-Coeur de Montreal, the Montreal Chest Institute, and Concordia University in Montréal, Canada, conducted a 12-week supervised aerobic exercise program for patients with asthma and found that exercise yielded significant improvements in asthma control. This study was designed using the ORBIT framework to assess the impact of aerobic exercise on asthma control.

The study recruited 66 adult patients with confirmed asthma and poor asthma control and was randomized to receive 12 weeks of usual care or supervised [aerobic exercise](#). After completion of the intervention, the investigators found that patients in the [exercise group](#) had clinically and statistically improved asthma control (0.5 decrease in ACQ), short-acting bronchodilator (SABA) usage (nearly three times less per week), and depressive symptoms (four-point drop in BDI-II).

"A 12-week structured aerobic exercise program could be considered as an adjunct to current pharmacological therapy in adult asthma patients with poor [asthma control](#)," said Dr. Simon Bacon, Director of the Sacre-Coeur rehabilitation centre and lead researcher.

**More information:** Further results will be shared during CHEST 2015 on Tuesday, October 27, at 8:45 am at Palais des congrès de Montréal, room 513ef.

Provided by American College of Chest Physicians

Citation: Late-breaking study finds aerobic exercise significantly improved asthma control (2015, October 19) retrieved 4 October 2023 from <https://medicalxpress.com/news/2015-10-late-breaking-aerobic-significantly-asthma.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.