



Climatotherapy of bronchial asthma in Polish children with mite hypersensitivity

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Background

Climatotherapy is the one of the alternative methods of asthma therapy. The Health Resort Rabka, located in the area of foothills and upper ridge, is characterized by favorable climatic conditions for asthma therapy (weak winds, low annual temperature amplitude, more days of snow, dominance of the Azorean Upland in autumn).

Aims

The aim of our research was to observe the influence of climate therapy on the health condition of children with asthma.

Methods

Health is represented by surrogate parameters for lung function (forced expiratory volume in one second (FEV1) and asthma control test (ACQ), which were performed two times (before and after 3 weeks of climatic therapy) in children with mite allergy and passive exposure to tobacco smoke. The study group consists of 15 children (including 8 boys) with diagnosed bronchial asthma aged > 5 years, including 66.6% with moderate asthma and 33.3% with light asthma.

Results

There was no significant improvement in FEV1 and asthma control in the study group depending on the age and severity of asthma ($p > 0.05$) and in children with hypersensitivity to house dust over the age of 10 years, a significant improvement in the FEV1 value after climatic therapy lasting for at least 3 weeks in the Hospital "Olszówka" in Rabka was observed.

Conclusions

The currently available data do not allow for generalization with respect to climate therapy for patients with allergic bronchial asthma in Rabka. There is need for additional research including large sample sizes depending on the season.

No conflict of interests of co-researchers