



Physical Activity for treating asthma and allergies, how well known is it known in the professional world?

Physical exercise as a treatment to asthma and allergies has been a more popular form of treatment due to the cost effectiveness and the benefits of physical activity.

Traditional pharmacological treatments has been the go-to treatments for asthma and allergies. As the fitness and health wellness industry continue to grow in popularity non-pharmacological treatments are becoming a major interest. The potential reduction in pharmacological medications dosages and the reduction in side effects to improve the quality of life and the burden of diseases sparks interest in the patients, clinicians, and clinical researchers.

Questionnaires composed by the World Allergy Organization Special Committee on Sports and Allergy, were sent to clinicians to gather information on the favoritism toward physical activity as a supplement toward asthma and allergies. Majority of the clinician respondents were aware of the strong evidence in favor of physical activity for psychological well-being, weight management, and the decreased risk of cardiovascular, metabolic diseases, and the reduction in risk for developing asthma. Even though majority of clinicians who answered the questionnaire agreed they required more educational training on the subject matter, the compelling evidence of physical activity benefitting overall health can't be disregarded.

Reference: Content taken from World Allergy Organization Journal: A World Allergy Organization International Survey on Physical Activity as a Treatment Option for Asthma and Allergies.

Link: <https://www.sciencedirect.com/science/article/pii/S1939455119302613>