

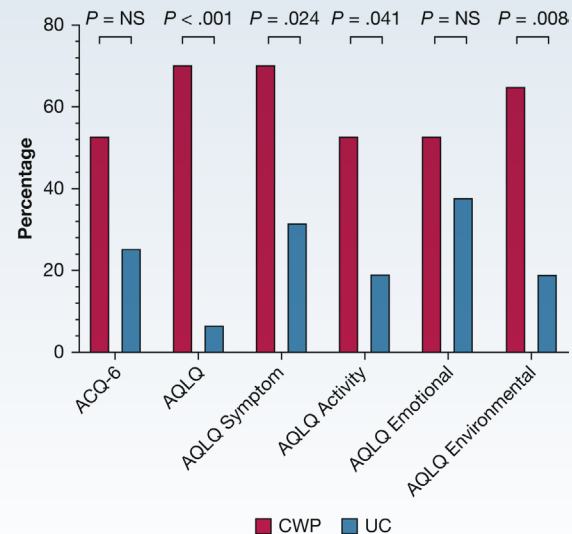
# Can Weight Management Improve Asthma-Related Outcomes at 1 Year in Patients With Difficult-to-Treat Asthma and Obesity?

## STUDY DESIGN

- Randomized controlled trial of 29 patients aged 18 to 75 years with difficult-to-treat asthma and BMI  $\geq 30$  kg/m<sub>2</sub>
- Counterweight-Plus Programme (CWP) comprised three dietitian-led phases across 52 weeks
- Primary outcome of change in 6-item Asthma Control Questionnaire (ACQ-6) scores at 16 weeks was previously reported separately

## RESULTS

- **Asthma Quality of Life Questionnaire (AQLQ) scores improved** across 1 year **with CWP** from 3.9 (3.4, 4.5) at baseline to 4.5 (3.8, 5.1) at 52 weeks ( $P = .016$ ), with no difference in the usual care (UC) group ( $P = .914$ )
- **Median annualized frequency of high-dose oral corticosteroid courses reduced with CWP** from 4 (2 - 5) at baseline to 0 (0 - 2) at 52 weeks ( $P < .001$ ), with no change observed for the UC group ( $P = .824$ )



In this study, the use of a dietitian-supported weight management program resulted in sustained weight loss and may be a potential treatment for obesity in asthma.