



A Mediterranean diet enriched with ω 3-polyunsaturated fatty acids in the management of paediatric asthma. A Randomised Control Trial

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Asthma is an inflammatory disease in the lungs which over the past thirty years has escalated in children. Considerable interest exists in the therapeutic potential of dietary omega 3 fatty acids, due to anti-inflammatory and immune-modulating effects on asthma. However, studies performed to date are inconclusive and this requires further exploration. This six month Randomized Controlled Trial aims to investigate whether fatty fish as part of the Greek Mediterranean diet reduces asthma symptoms in children. A sample of 64 children will be recruited from a paediatric asthma clinic in Athens, Greece. Participant children will be randomized into two groups. The intervention group is required to consume two meals of fatty fish (≥ 150 gr cooked fish) per week over a period of 6 months in the context of the Greek Mediterranean diet. The control group will consume their usual diet. Outcome measures will be assessed at base-line and at the end of six months. Questionnaires will be used to collect socio-demographics data, medical information, dietary habits, asthma control and quality of life details. Pulmonary function will be assessed using spirometry and exhaled nitric oxide. In addition, blood and urine tests will be examined to assess patient's metabolic profile, antioxidant status, plasma fatty acid composition and Vitamin D. This study intends to establish whether fatty fish consumption can be used as an adjunct therapy in the management of asthma in children.

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Biography:

Maria Papamichael is a registered dietician who has dedicated her life in educating people the importance of good nutrition and exercise in the prevention and management of disease as well as in improving health and well-being. Being an asthma sufferer since childhood, has motivated her to undertake a PhD research project at La Trobe University to investigate the prophylactic potential of a Mediterranean diet enriched with fatty fish in the management of asthma in children.