

## STUDY LINKS MORE FREQUENT FISH INTAKE WITH ASTHMA

By: Hesh Goldstein

Japanese youth who eat fish once or twice per week or more may be more likely to have asthma than their peers who consume fish less often, new study results show.

“The results indicated that frequency of fish intake was positively related to the prevalence of asthma”, lead study author Dr. Yousuke Takemura, of Mie University School of Medicine in Japan, and colleagues write. “This result has important implications for health”.

To investigate, the researchers surveyed the parents of 1,673 asthmatic Japanese elementary and junior high school students, aged 6 to 15, about how often their child ate fish. For comparison, the study also included more than 22,000 youths who did not have asthma.

Over half of the individuals in both groups reportedly ate fish one to two times per month and roughly 40% ate fish once or twice per week.

After taking age, gender and parental history of asthma into consideration, however, the researchers found that asthmatics were significantly more likely than non-asthmatics to eat fish at least one to two times per week. This finding remained true when fruit and vegetable intake was also taken into consideration, the report indicates.

What’s more, asthma prevalence gradually increased with increasing frequency of fish intake.

The mechanism for the relationship between fish intake and asthma is reportedly unknown. It may be associated with an increased airway and lung response due to fish oil, with the salt used in cooking the fish, or with the possibility that “asthmatics may be more likely to eat more fish rather than meat”, the authors conclude.

Aloha!