Review of: "Influence of Allergy, Asthma Treatment(AT) and Eviction Diet(ED) on Sleep-Disordered Breathing(SDB) in Pediatric Asthma Associated With Osa, Increased Respiratory Effort(RE) During Sleep and Overweight/Obesity: a Study in 78 Children"

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Review.

The data of many studies have shown that obesity contributes to the development of a number of pathological conditions of the body, including asthma. The connection between airway obstruction and obesity exists at the level of etiological factors and pathogenetic mechanisms. In clinical practice, doctors in patients with asthma struggle with the problem of obstructive hypnosis or apnea in the spring. The presented article shows that the relationship between obesity, allergies and obstructive sleep apnea remains insufficiently studied. It is necessary to distinguish OSA-obstructive type and non-obstructive/allergic OSA. Children with obesity and SDB/OSA-asthma/allergy-associated and obstructive OSA increase their body mass index despite adequate treatment.

In the presented study, the results were obtained, which indicate that in patients with the OSA-asthma association, nighttime asthma symptoms may be associated with sleep fragmentation (SF), which will lead to disruption of nocturnal hormone secretion. Stress and hormone secretion increase appetite. Sleep deprivation (lack or complete absence of meeting the need for sleep) changes the metabolic rate and increases the feeling of hunger, which leads to ineffective measures aimed at maintaining or reducing weight. These processes are accompanied by an increase in inflammation due to Th1.

The obtained results provide an opportunity to continue the discussion of further treatment of obese and overweight patients with SDB/OSA-asthma/allergy-associated and obstructive OSA. With a mandatory study of respiratory polygraphy and polysomnography. The study of respiratory effort and sleep fragmentation can help to correctly determine the disorders and pathogenesis of the development of obesity in these patients and give a correct assessment of the accompanying methods of treatment - diet and elimination of allergens.

The work presents a highly persuasive mathematical justification for the outcomes obtained. The work will, without a doubt, arouse great interest among doctors as a practical link between general practitioners, allergists, pulmonologists, therapists, and scientists.