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## EDITORIAL

### Control the High cost of Allergic Asthma with Healthy Food policy

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Allergic asthma is a multi-factorial disease of the respiratory system that is characterized by bronchial hyper-responsiveness and inflammation, airflow obstruction and airway remodeling. Allergen exposure in asthma caused bronchoconstriction and inflammation. Asthmatic patients are high sensitive to things that other people aren't bothered by but Irritants are called triggers (or allergen) can be different for each individual [1, 2].

Asthma is a chronic syndrome that couldn't be cured but it could be treated and managed. One important management instrument is diet. Asthmatic patients can reduce the frequency of attacks by identifying and avoiding irritants. By modifying their diet and eating right, they can manage symptoms caused by food allergies. Some foods have anti allergic effect that these could be used for pre-treatment of patients. Healthy and allergen-free diet is an important part of asthma management. The safe diet not only minimizes allergy symptoms, but can prevent Gastro-esophageal reflux disease as well that this reflux is an important trigger for asthma [3-5].

There's no special asthma diet. There's evidence that people who eat diets higher in vitamins C and E,  $\beta$ -carotene, flavonoids, magnesium, selenium, and omega-3 fatty acids have lower rates of asthma. Many of these substances are antioxidants, which protect cells from damage. Eat plenty of fruits and vegetables are a good source of antioxidants which help reduce airway inflammation and free radicals. Patients with more severe asthma should have enough vitamin D levels. Milk, eggs and fish contain vitamin D. these foods could be allergen for some people and Allergic food reactions can cause asthma symptoms. In these people, even spending a few minutes outdoors in the sun can increase vitamin D levels. This atopic people should avoid fast-food, because these have Sulfites and nitrites that could be power trigger for allergic asthma. Other problem of these foods is causing high weight and weight is one of risk factor to asthma. Therefore learn how to eat right to maintain a healthy weight over the long term is necessary [6-8].

Patients with a history of asthma-related hospitalizations have high risk to readmission and generally consume a large amount of health-care resources. One of the most challenges in this group is financial problem. The financial problems of asthmatic patients are two important aspects. The first aspect is related to the inability of these individuals to obtain health care costs. There are two parts in second aspect. First, the person's ability to do his/her job is insufficient; therefore, the efficiency of occupation has been dropped. Time of working days of the person has been lowed also, which puts more financial pressure on the patient. Second, the asthma is not only eliminates the manpower, but high costs the diagnosis, control and treatment into the country and will also affect the international economy.

The 2005 Health Costs Survey reported that 43% of all people with asthma said that, in the past year, they did not have the money to pay for their treatment, and a similar number tried to save cash by not taking their medicine or skipping doctor's visits. For example, the average cost of healthcare expenses for each

person in the United States in 2002 was US\$5440. In that year, there were 800 million medical encounters. The annual cost to the healthcare system caused by non-adherence has been estimated at US\$300 billion dollars. This information can be given in Ireland that according to statistics from the Asthma Society of Ireland, there are between 4,000 and 5,000 asthma-related hospital admissions in Ireland every year. And poorly controlled asthma kills up to 70 people each year in this country, almost a third of them are under 40 years of age. The economic burden of asthma in Ireland is substantial. In 2003, the total cost to the state was €463 million and emergency care and hospitalization accounted for €227 million (49%) of this. In adults, almost 12 working days a year are lost to asthma. This figure does not include the parents who miss work to care for children with asthma. Usually, patient had already spent €60 of €100 weekly allowance. The study found that the direct and indirect costs of childhood asthma in Ireland amount to an average of €613 per child each year. This compares to €269 in the UK, €300 in France, €429 in Finland and €559 in Holland (9-14). According to unofficial sources, these data are similar to Iranian asthmatic patients. The annual cost of drugs for Iranian asthmatic patients is approximately 550 million dollars

Medication is essential for good asthma control and preventing and relieving attacks, yet the cost of asthma medication is stopping many people from getting the treatment. There are no easy answers and no perfect solutions to the problem of high-cost medication but there are ways for savvy patients to save on their asthma treatment. Everyone with asthma should also be using environmental control to reduce exposure to allergens. On the base of above discussion, the health care costs of asthmatic people can be reduced with prevention. This prevention can be done by the two phases. First exposure to allergens were reduced and allergens from the environment should be eliminated or minimized. Second food allergies can be prevented with proper nutrition. Also eating beneficial foods could be prevented recurrent of asthma treat this. If they spend the same cost of daily feed as buying the right foods for their meals, they can control asthma without additional cost to feed. With the same cost, they change the type of food and they will move from unhealthy nutrition toward healthy eating. In addition, these patients can control asthma and not bear the high costs of drugs. The disease and death of these people is controlled and the daily activities of the people don't disrupt. Having a healthy diet is essential for people with asthma and an expert nutritionist should be inside the medical staff for diet therapy and counseling of asthmatic people.

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