

Risk Factors and Their Role for Asthma Development During Childhood and Adult Period

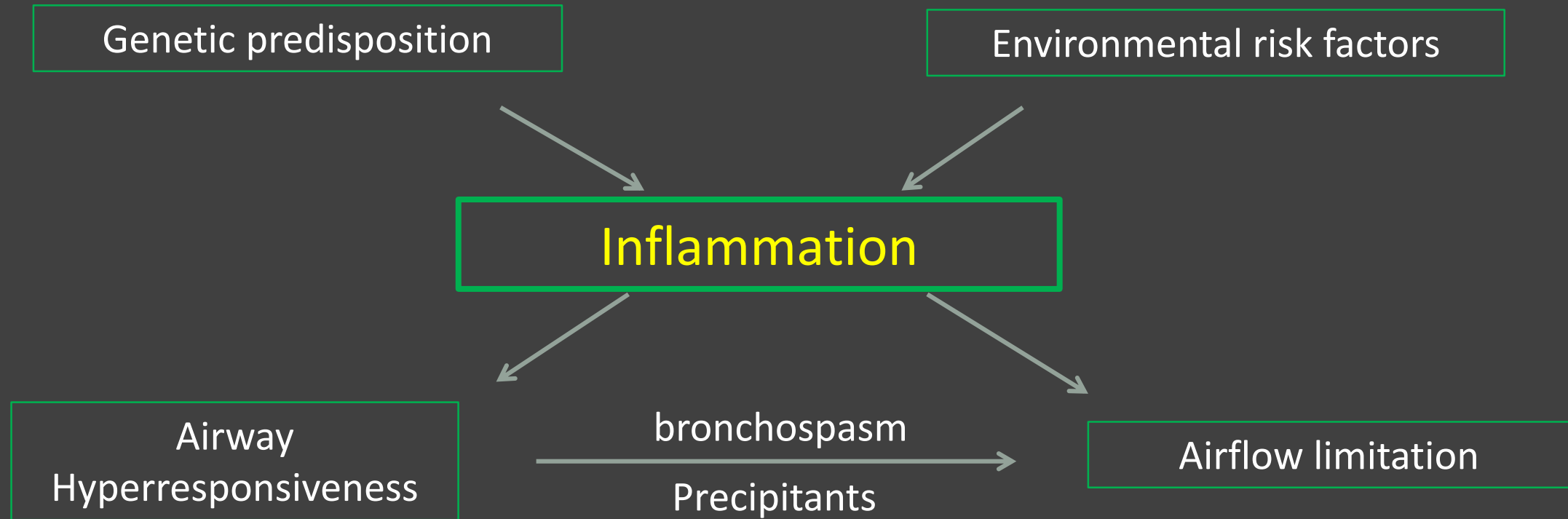
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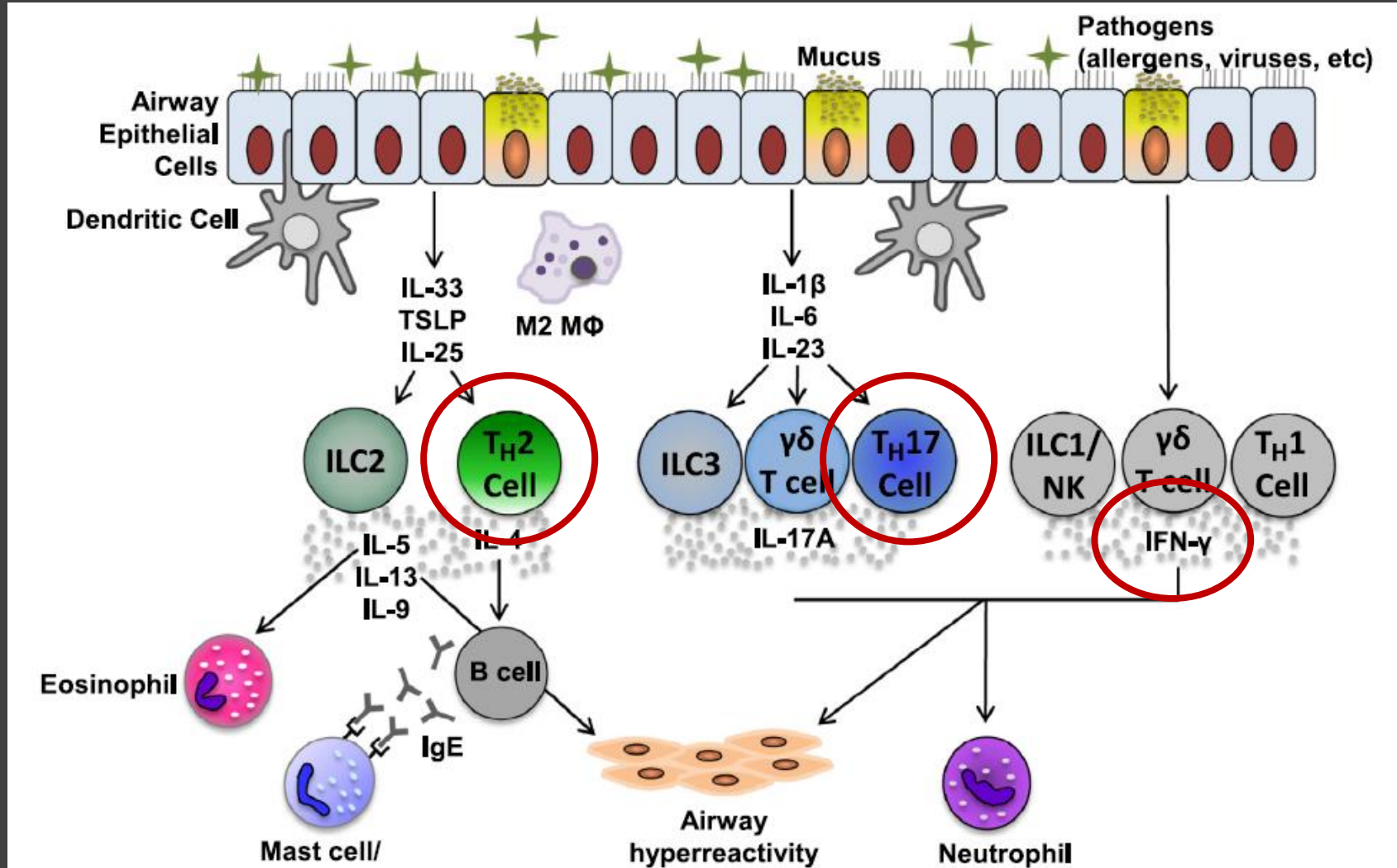
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- Pathophysiology of asthma development
- Risk factor
 - Sex differences
 - Obesity & BMI
 - Exposure to outdoor air pollution
 - Pre- and peri-natal exposure
- Summary

Pathophysiology of asthma



Inflammatory pathway of asthma



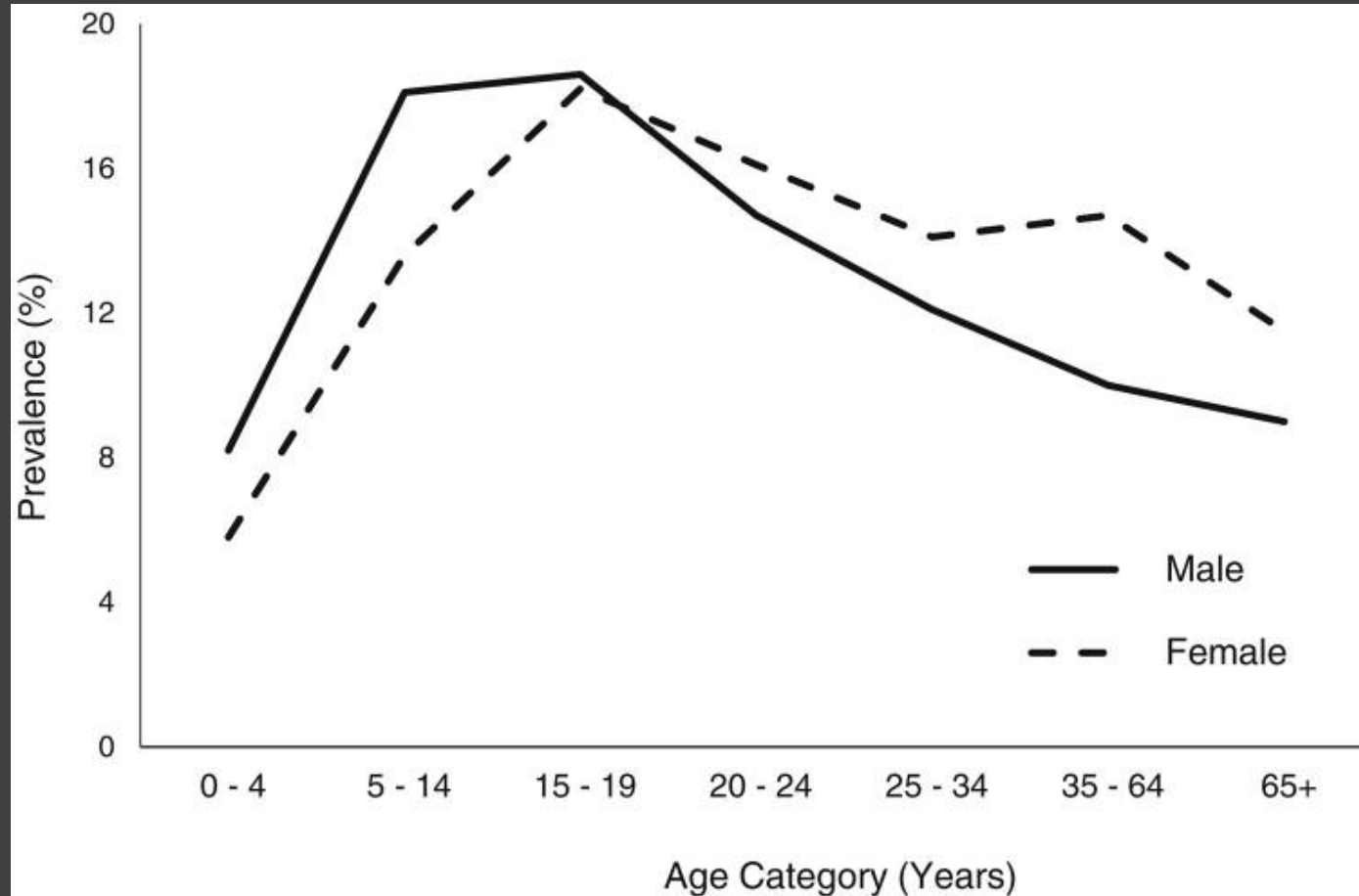
Endogenous Factors	Environmental Factors
Genetic predisposition Atopy Airway hyperresponsiveness Gender Ethnicity Obesity Early viral infections	Indoor allergens Outdoor allergens Occupational sensitizers Passive smoking Respiratory infections Diet Acetaminophen (paracetamol)
Triggers	
Allergens Upper respiratory tract viral infections Cold air Sulfur dioxide and irritant gases Drugs (b blockers, aspirin) Stress Irritants (household sprays, paint, fumes)	

Risk factor and asthma development

Gender disparity in asthma

- A gender disparity is well established in asthma and changes throughout life.
- As children, boys have an increased prevalence of asthma compared to girls.
- However, during adolescence, there is a decline in asthma prevalence and morbidity in males concurrent with an increase in females.
- Shifts in asthma prevalence based on gender coincide with **changes in sex hormones** and suggests that sex hormones modulate pathways associated with asthma pathogenesis.

Asthma prevalence by age

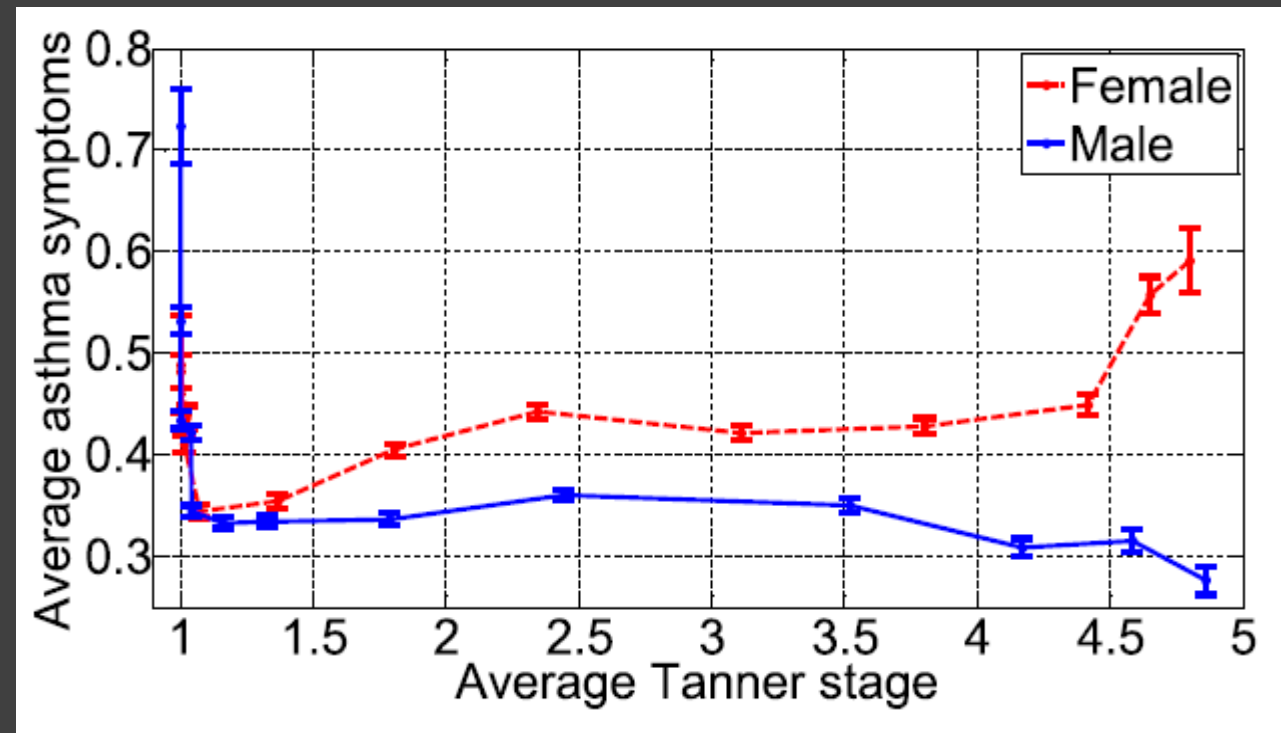
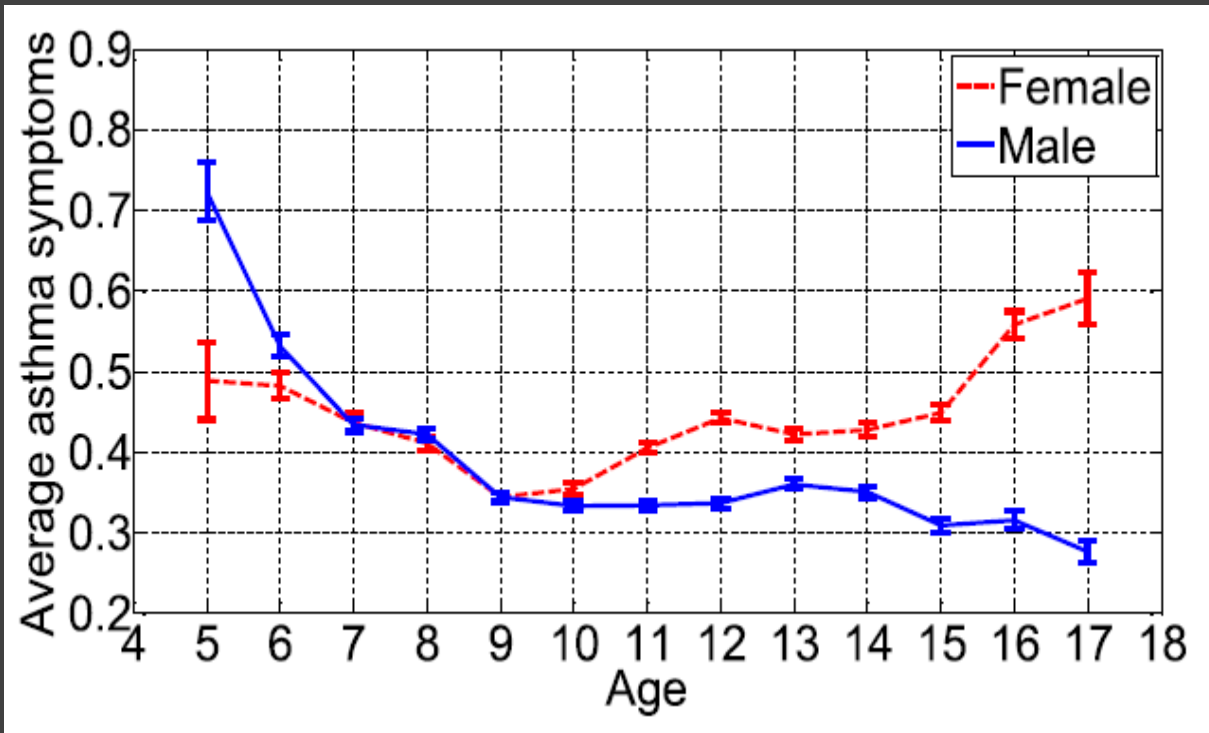


Gender disparity in asthma

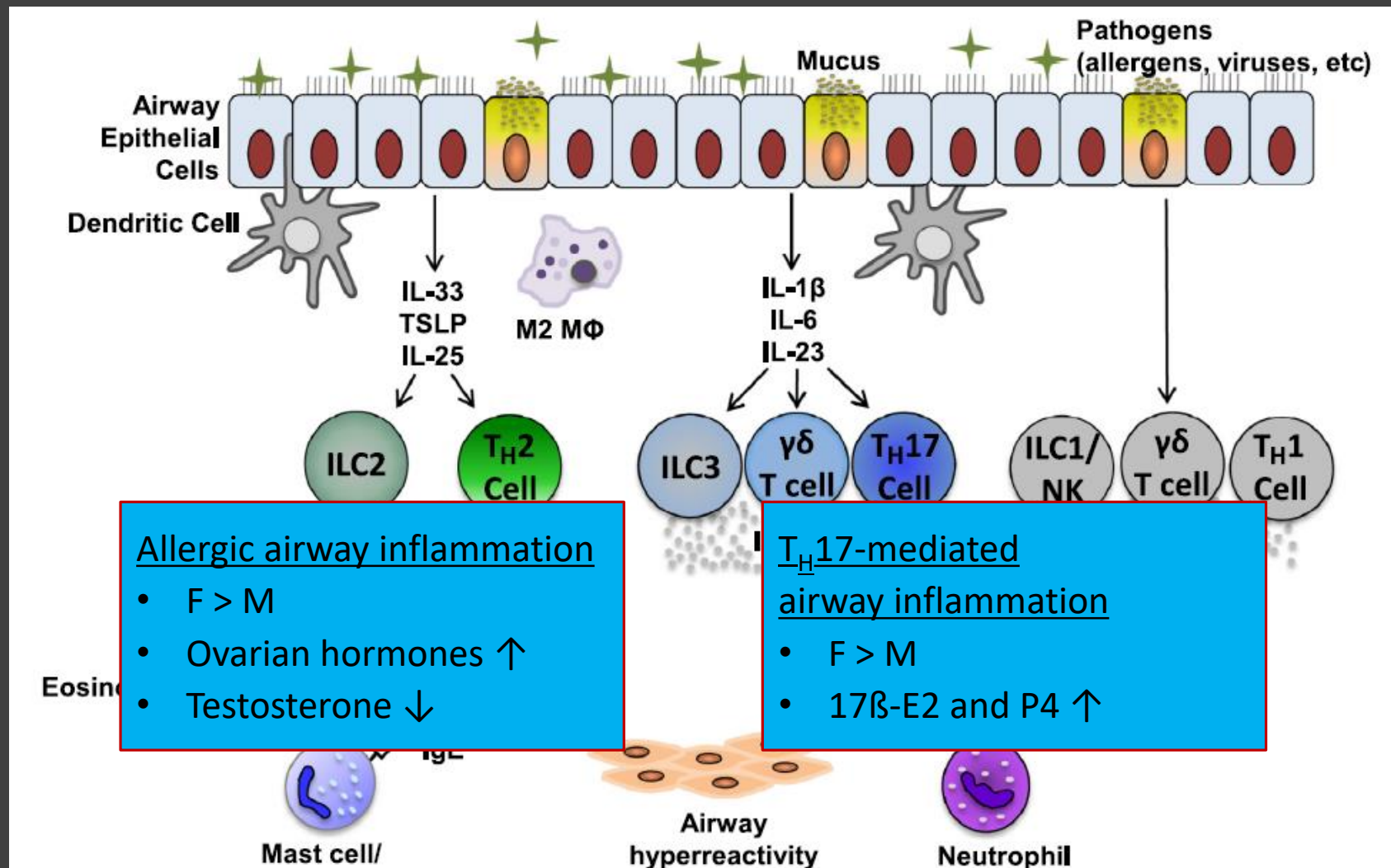
- A gender disparity is well established in asthma and changes throughout life.
- As children, boys have an increased prevalence of asthma compared to girls.
- However, during adolescence, there is a decline in asthma prevalence and morbidity in males concurrent with an increase in females.
- Shifts in asthma prevalence based on gender coincide with **changes in sex hormones** and suggests that sex hormones **modulate pathways associated with asthma pathogenesis**.

Puberty and asthma development

- Cohort study
- Childhood Asthma Management Program placebo group (5 yr, 418 subjects)



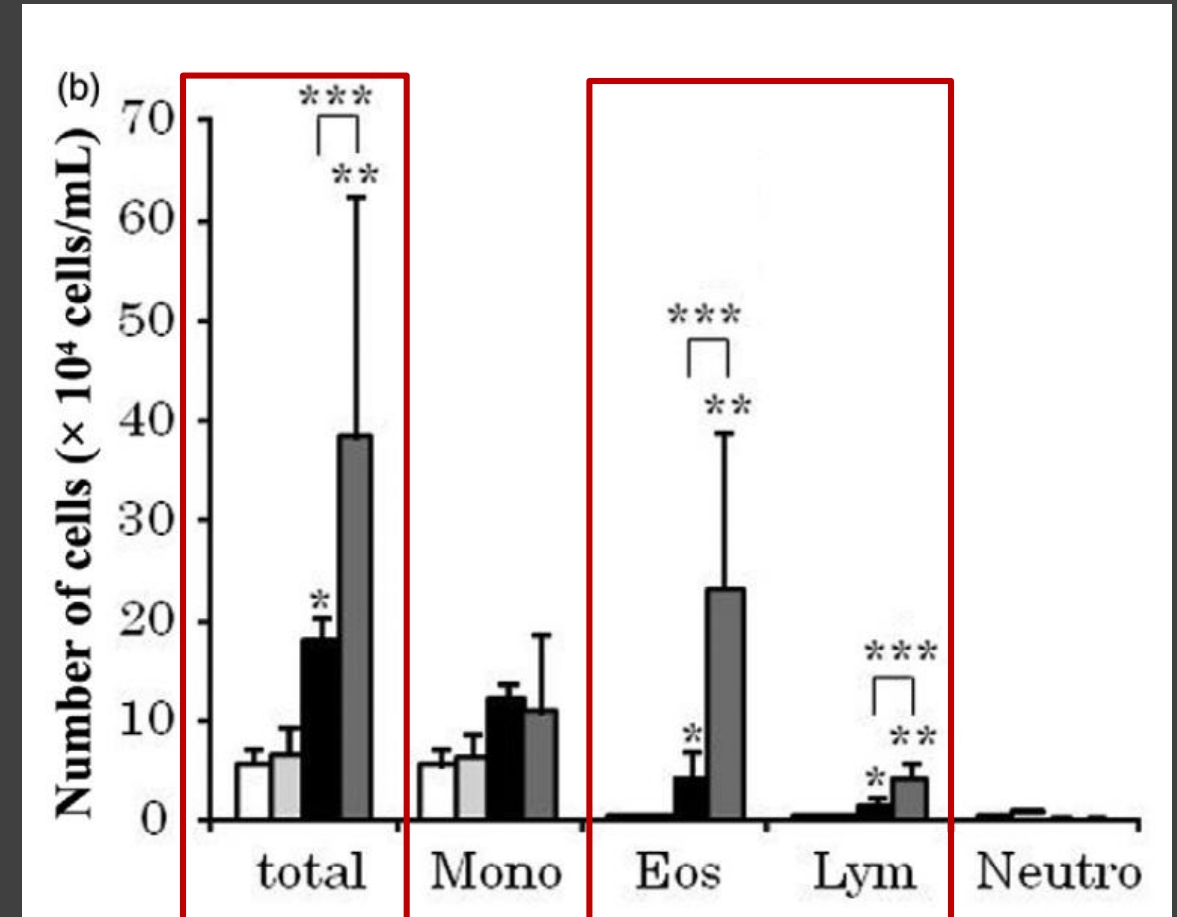
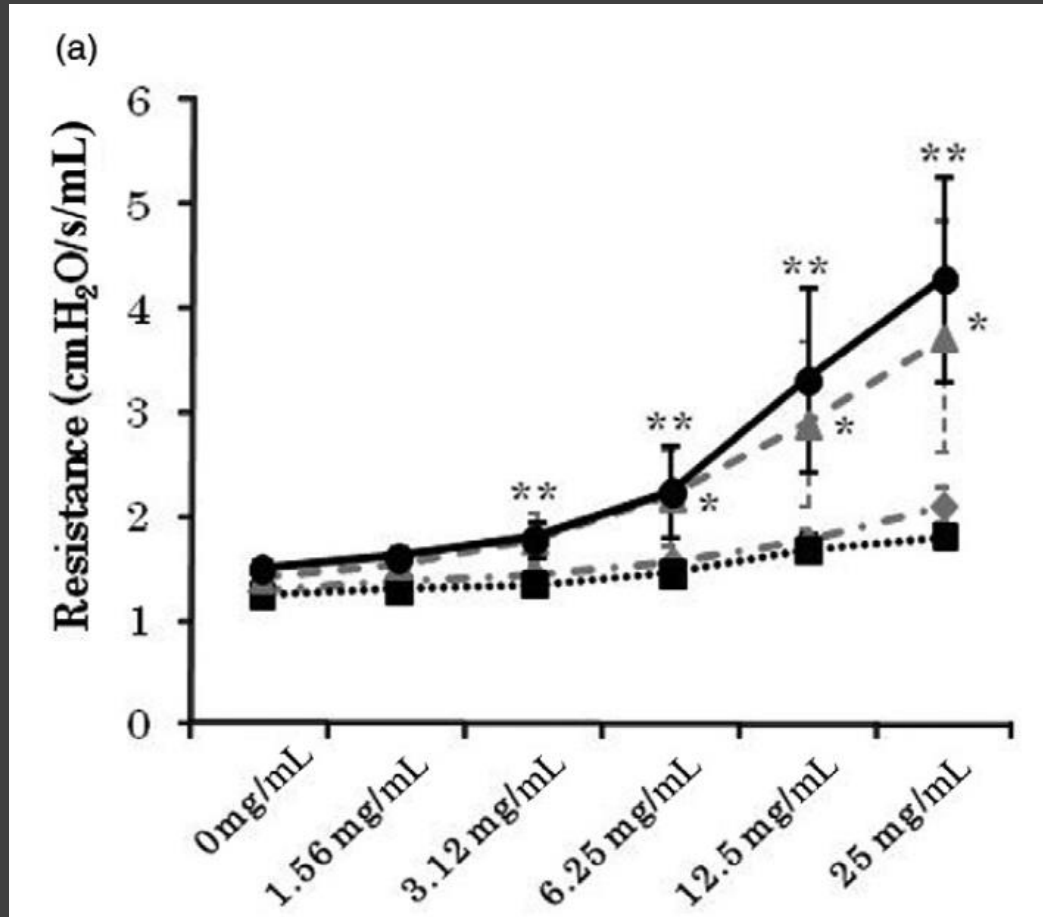
Sex hormones in airway inflammation



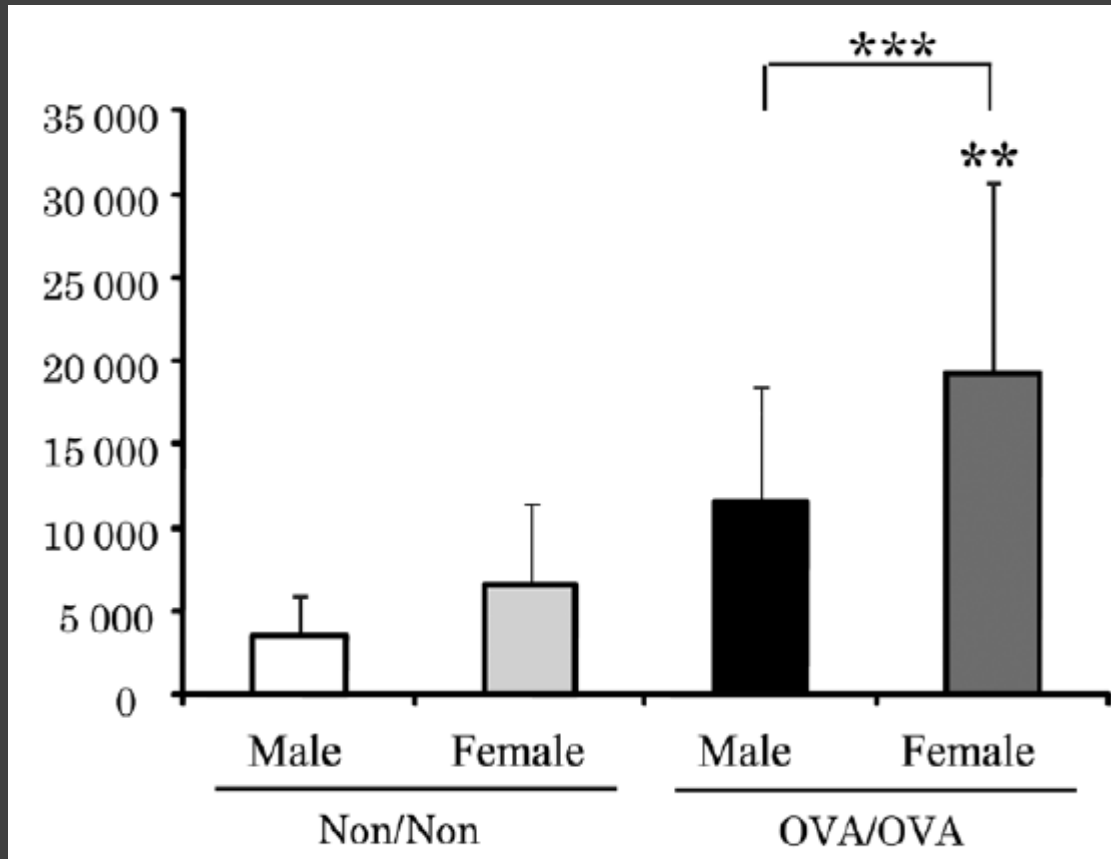
Airway remodeling in mouse model

- Female and male mice (8–10 weeks of age)
- The mice were maintained on a diet free of ovalbumin (OVA)
 - (i) non-sensitized & non-challenged mice (non/non)
 - (ii) OVA-sensitized & OVA airway-challenged mice (OVA/OVA)
- Measurement
 - Resistance of the lung respiratory system
 - cytokines, growth factors and chemokine such as IL-4, IL-5, IL-10 and etc
 - inflammatory cell infiltrations using lung tissue

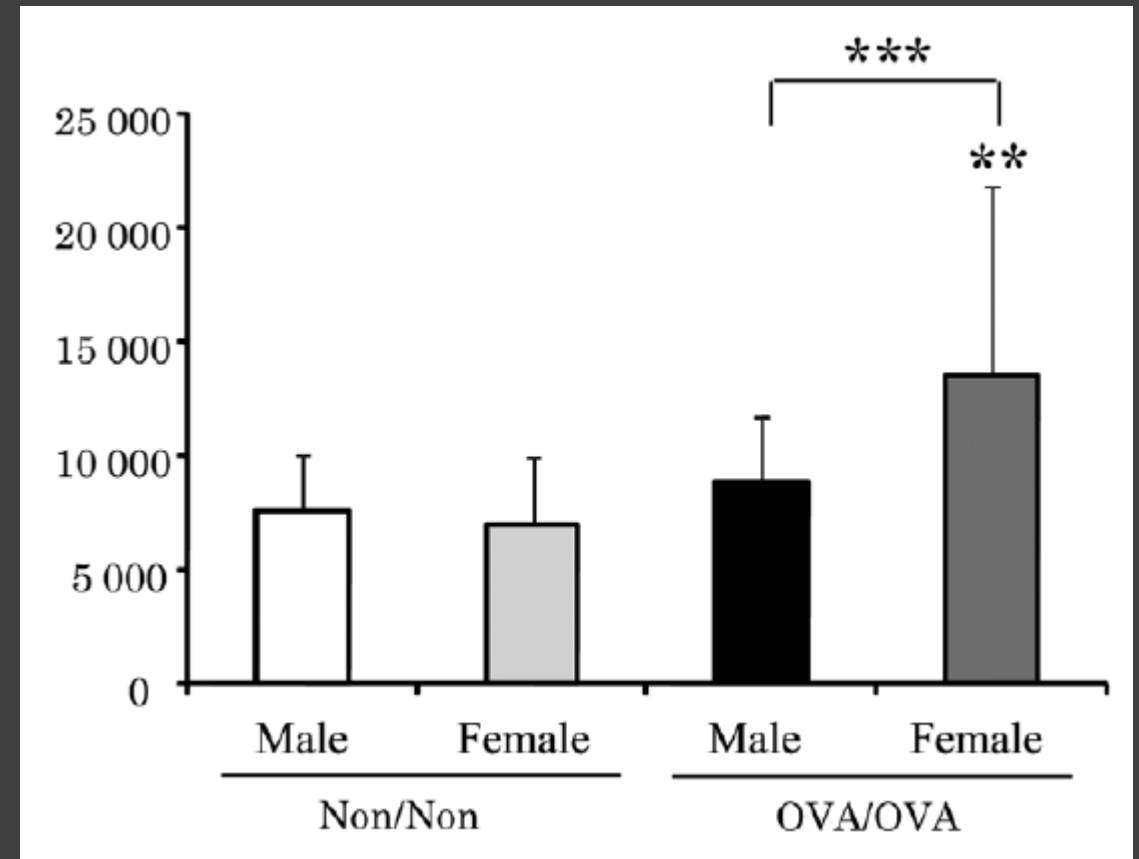
Airway hyperresponsiveness and inflammation



Inflammatory cell infiltration in lung tissue



Collagen stain

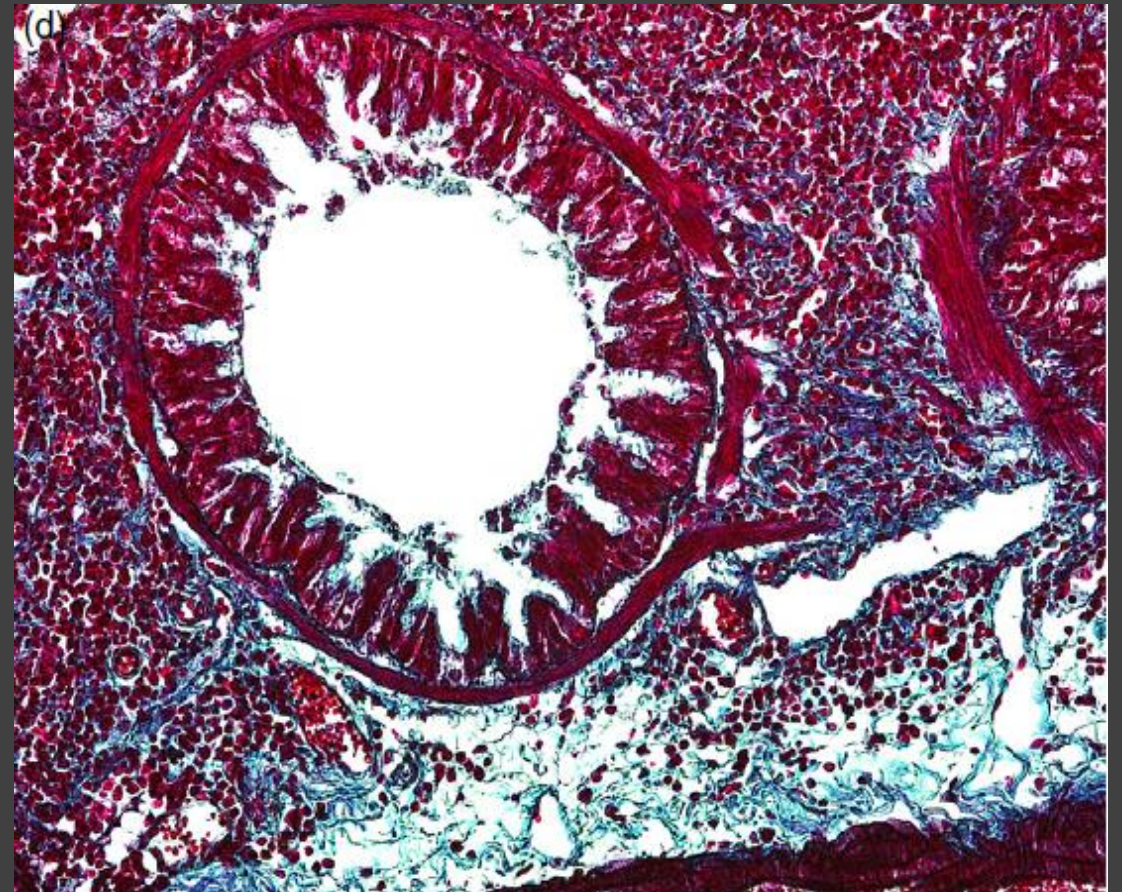
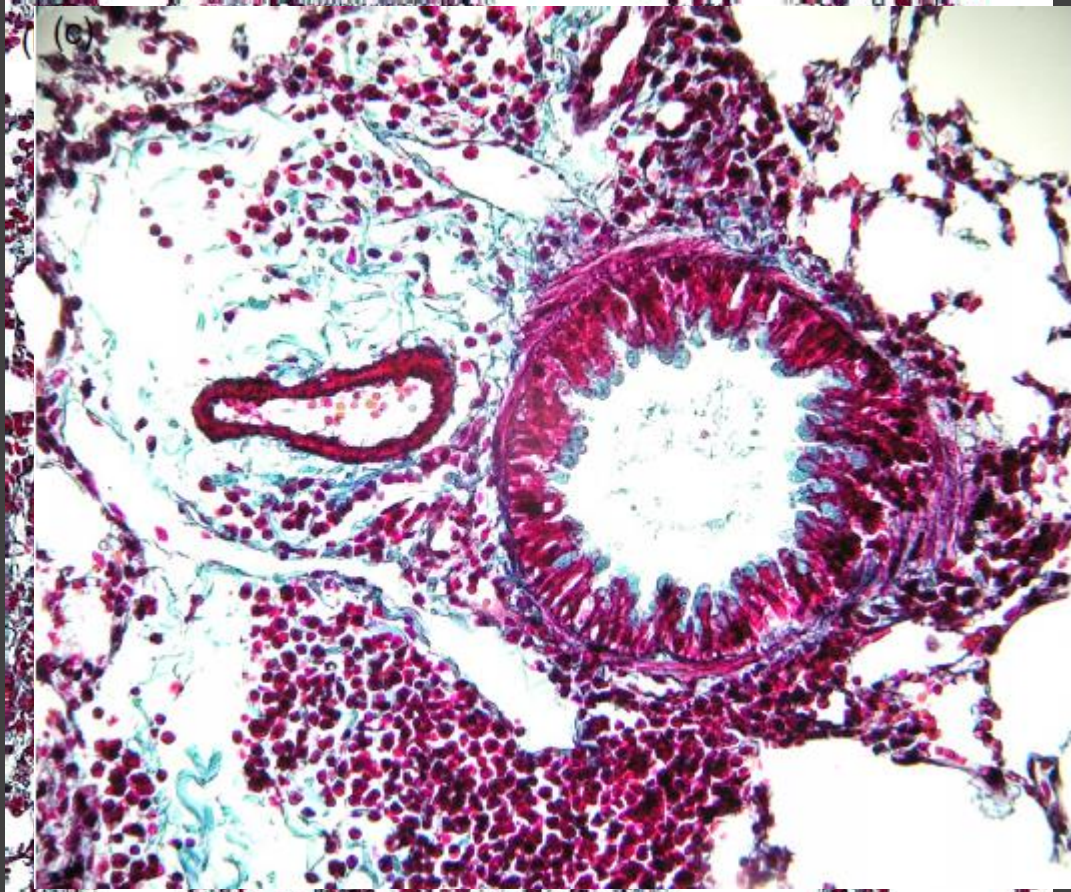


Smooth muscle

Repeated sensitization (for 4wks)

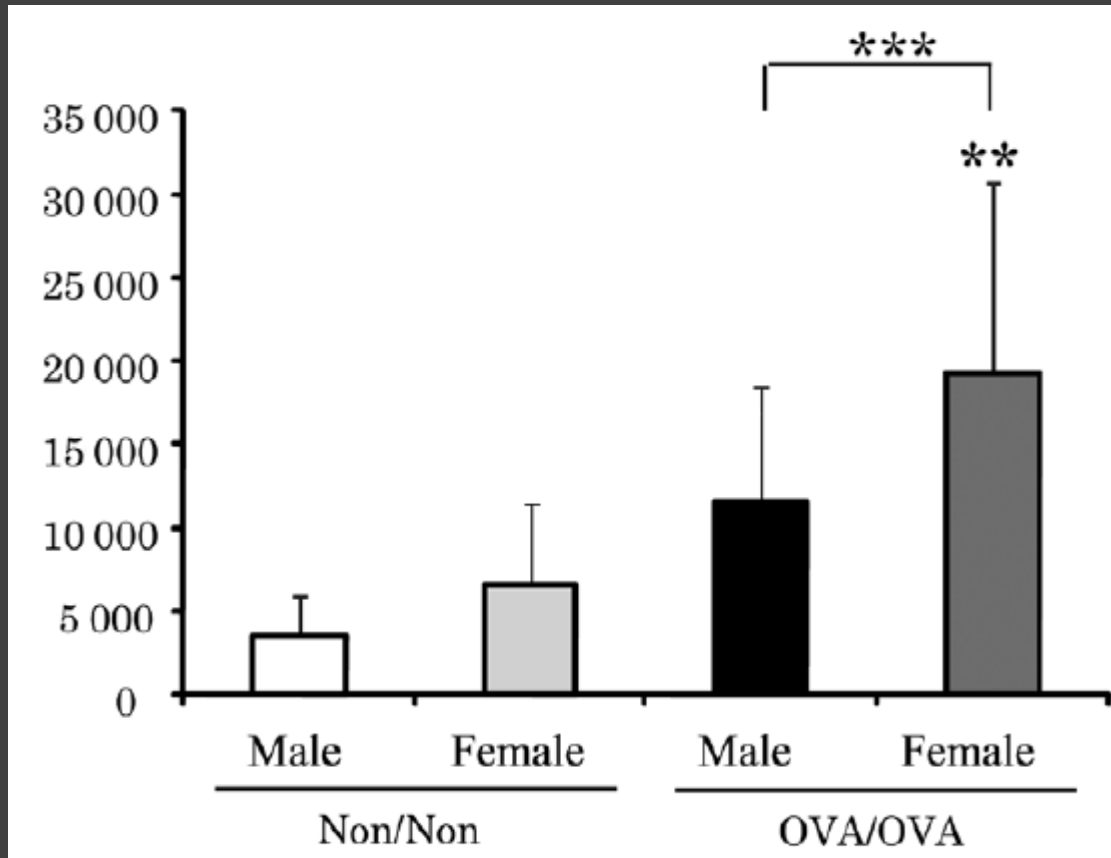
Non/Ova/Ova male

Ova/Ova female

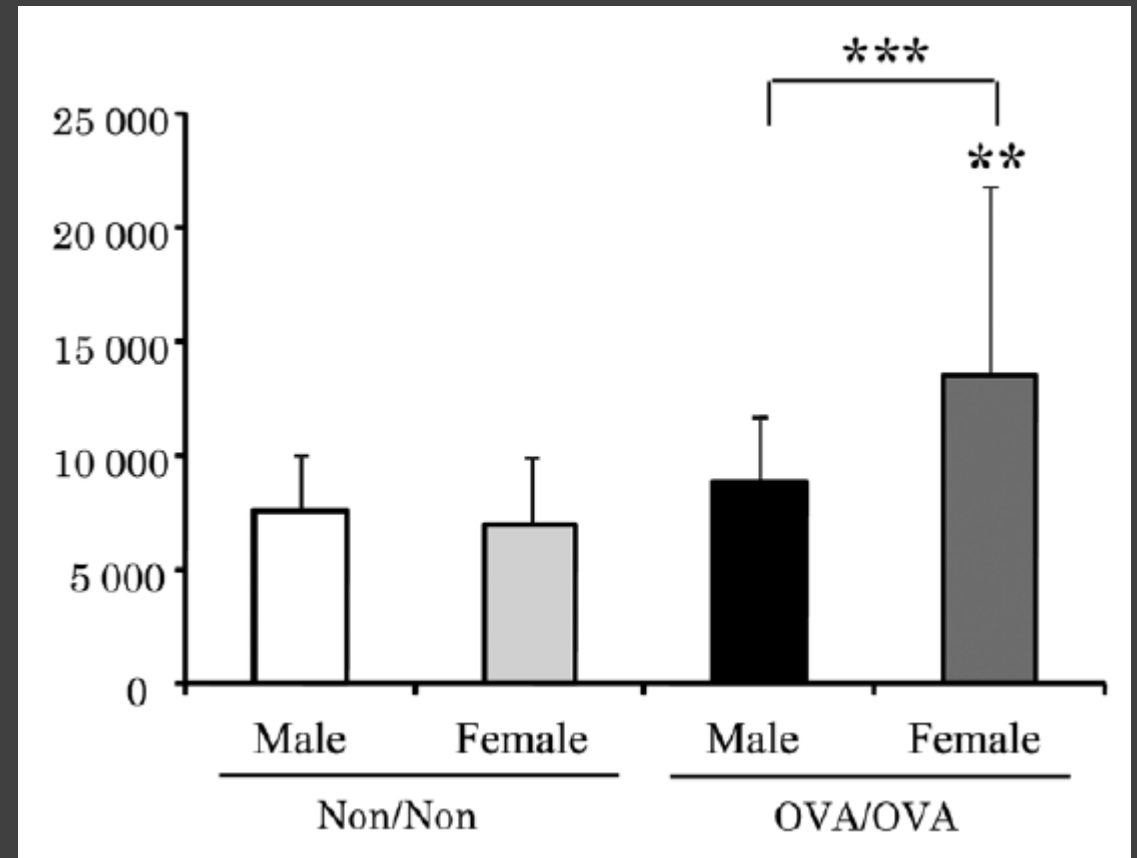


Airway remodeling !!!

Inflammatory cell infiltration in lung tissue



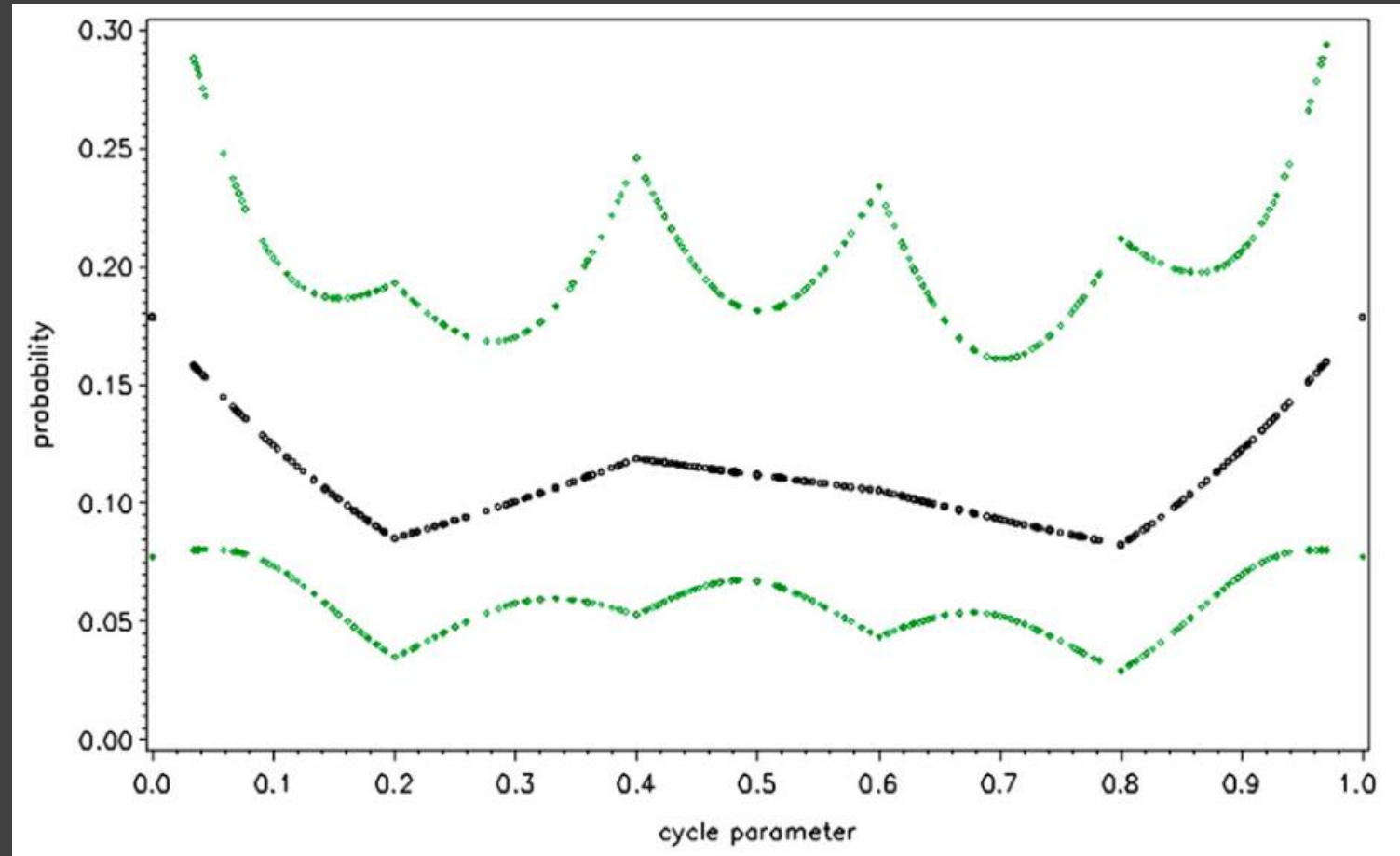
Collagen stain



Smooth muscle

Hyperreactivity across the menstrual cycle

- Swiss cohort study
- N= 571, menstruating women
- Outcome
 - cyclic variation in BHR
 - effect by OCs



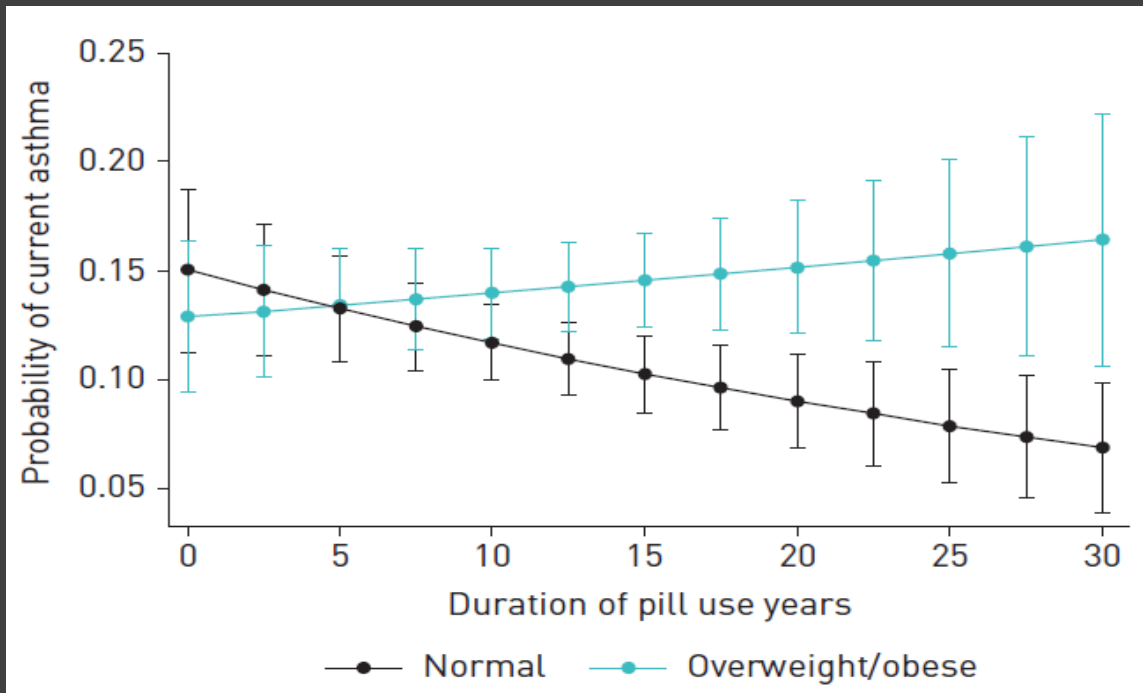
Oral contraceptive has a protective effect

- Swiss cohort study
- N= 571,
menstruating women
+ 130 women taking OCs

Logistic regression	Binary outcome: BHR			
Binary exposure: methacholine test within window of risk	OR	95% CI		p-value
Unadjusted exact OR	1.36	0.818	2.230	0.210
Model				
Unexposed (N=530; hyperreactive, N=69)		1		
Exposed (N=171; hyperreactive, N=29)	1.68	0.988	2.85	0.055
Model + adjustment for OC use	1.71	1.003	2.904	0.049
Model + interaction term	1.90	1.223	4.090	0.009
Model stratified by OC use	Average BMI: 23.6±4.28			
No OC use (exposed, N=143, hyperreactive, N=25)	2.33	1.270	4.292	0.006
OC use (exposed, N=28, hyperreactive, N=4)	0.54	0.140	2.083	0.371

OC increases risk asthma in obese pts.

- 2764 female pts
- Average age (yr.) : 43.0 ± 0.83 / average BMI (kg/m^2) : 25.7 ± 5.53
- Outcome : association between the reproductive factors and current asthma

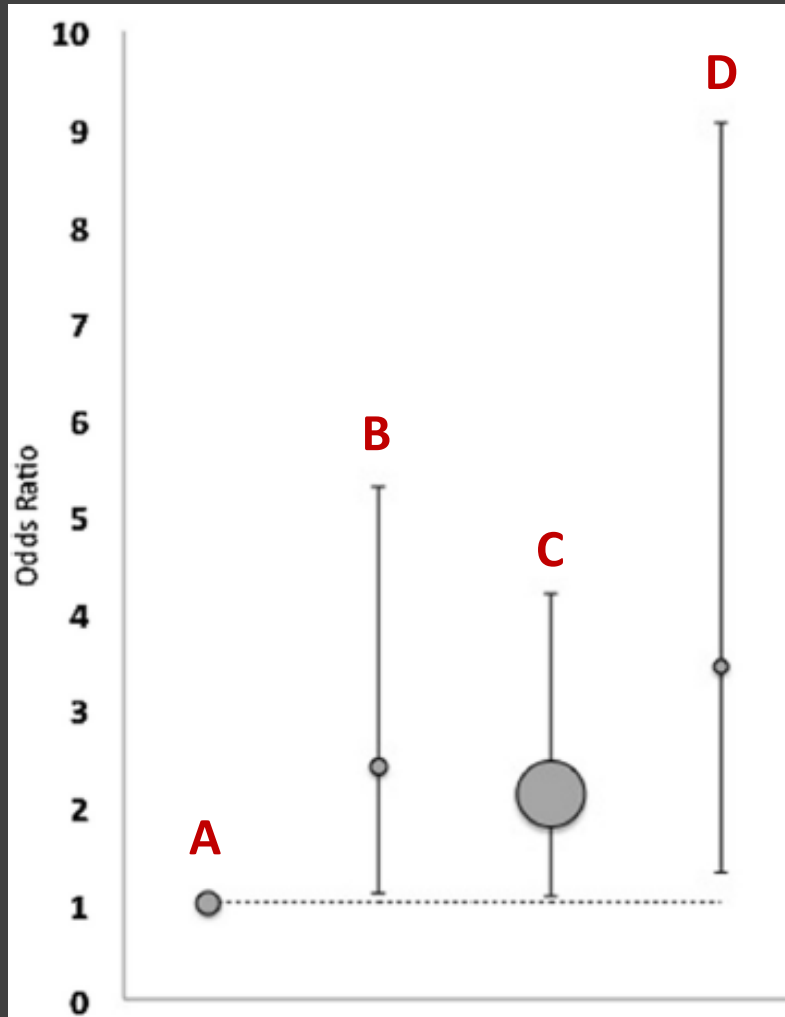


Duration of HC use	OR [95% CI]	p-value
Nil	0.83 [0.54 - 1.29]	0.413
5 years	1.01 [0.74 - 1.29]	0.932
10 years	1.23 [0.97 - 1.57]	0.093
15 years	1.50 [0.15 - 1.95]	0.003
20 years	1.82 [1.27 - 2.61]	0.001
25 years	2.21 [1.35 - 3.61]	0.001
30 years	2.69 [1.43 - 5.05]	0.002

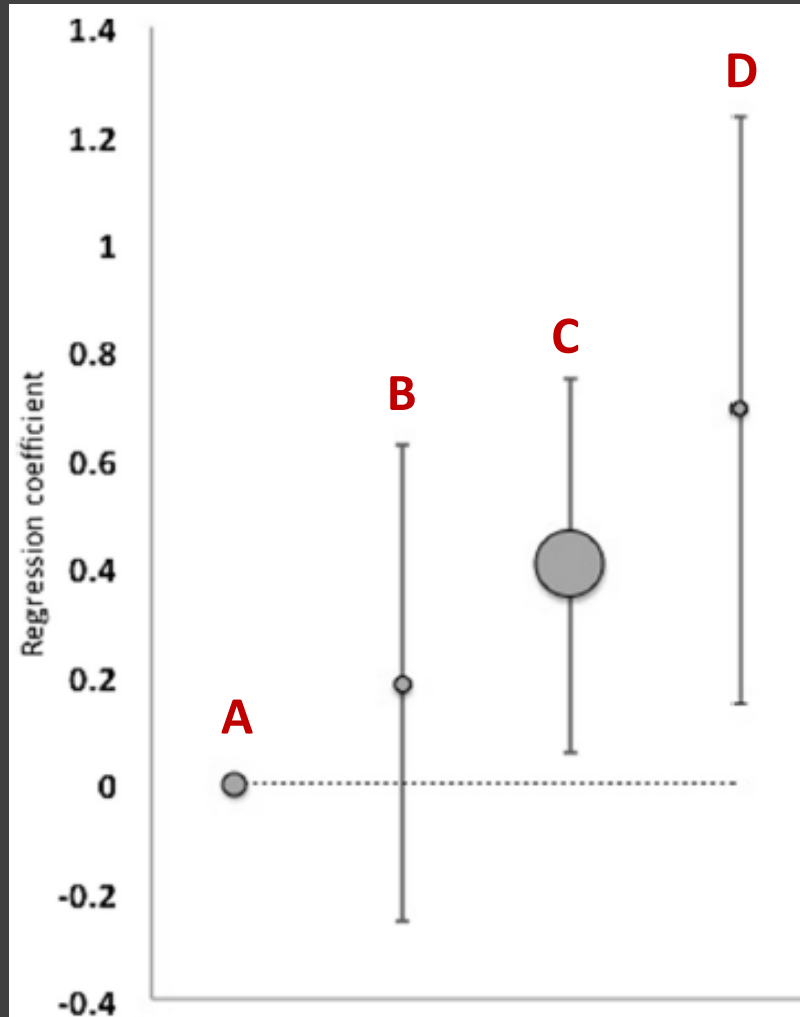
*. 30Adjusted for maternal atopy, current smoking status and social class.

Menopause as a predictor of asthma

<New onset asthma>



<Change in respiratory symptoms>



- Multicenter, longitudinal study in Northern Europe
 - At baseline (1999-2001)
 - Follow-up (2010-2012)
- Women aged 45 to 65 yrs at f/u
N = 2322
- Outcome
: incidence of asthma and respiratory symptoms by menopausal status

Menopausal status

A: non-menopausal

B: menopausal transition

C: Early post menopause

D: Late post menopause

Menopause affect the lung function decline

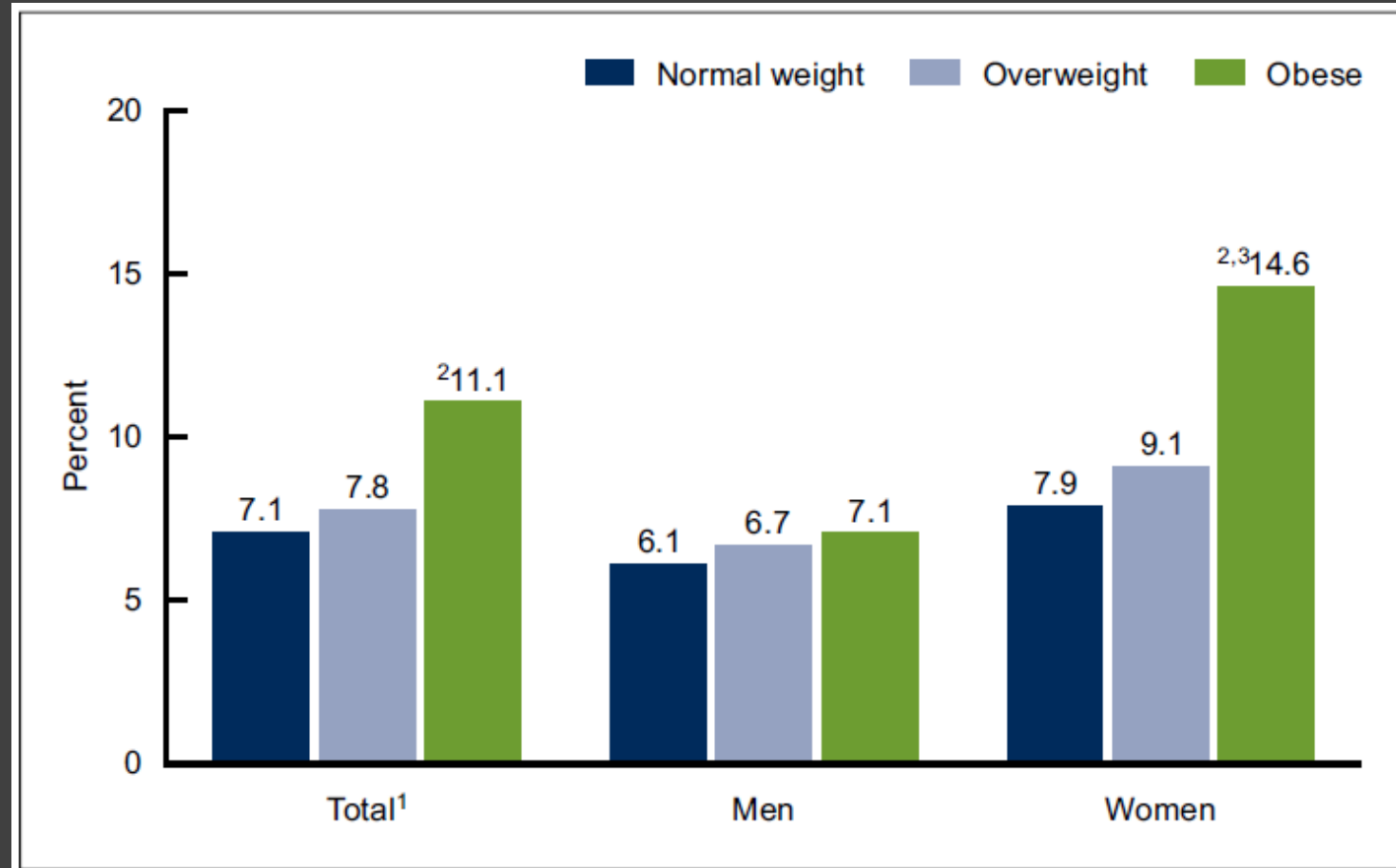
- European Community Respiratory Health Survey (ECRHS)
 - international, multicenter study
 - ECRHS1: 1991-1994
 - ECRHS2: 1998-2002
 - ECRHS3: 2010-2012
- Outcome
 - : Assess the lung function and menopause

	Nonmenopausal (N=1992)	Transitional (N=583)	Post-menopausal (N=720)
Age, yr	38.8 (6.8)	52.8 (8.2)	55.7 (6.4)
BMI, kg/m ²	24.2 (4.5)	26.8 (5.4)	26.0 (4.4)
FVC, L	3.81 (0.58)	3.41 (0.60)	3.35 (0.54)
FEV ₁ ,L	3.11 (0.50)	2.64 (0.53)	2.55 (0.45)

Sub-summary

- A gender disparity is well established in asthma and changes throughout life.
- Shifts in asthma prevalence based on gender coincide with **changes in sex hormones** and suggests that **sex hormones modulate pathways** associated with asthma pathogenesis.
- There have been controversies about OC effects.
 - In normal BW, OC seems to have a protective effect.
 - In obese pts, OC increases the asthma risk.
- Menopause would be a possible risk factor of asthma.

Asthma prevalence by weight



Obesity and asthma

- Obesity causes significant changes to normal lung physiology in adults.
- Excessive accumulation of fat in the thoracic and abdominal cavities leads to lung compression and an attendant reduction in lung volume.
- Inflammatory and metabolic changes from obesity cause the airway reactivity or lung function.

Obesity and lung function

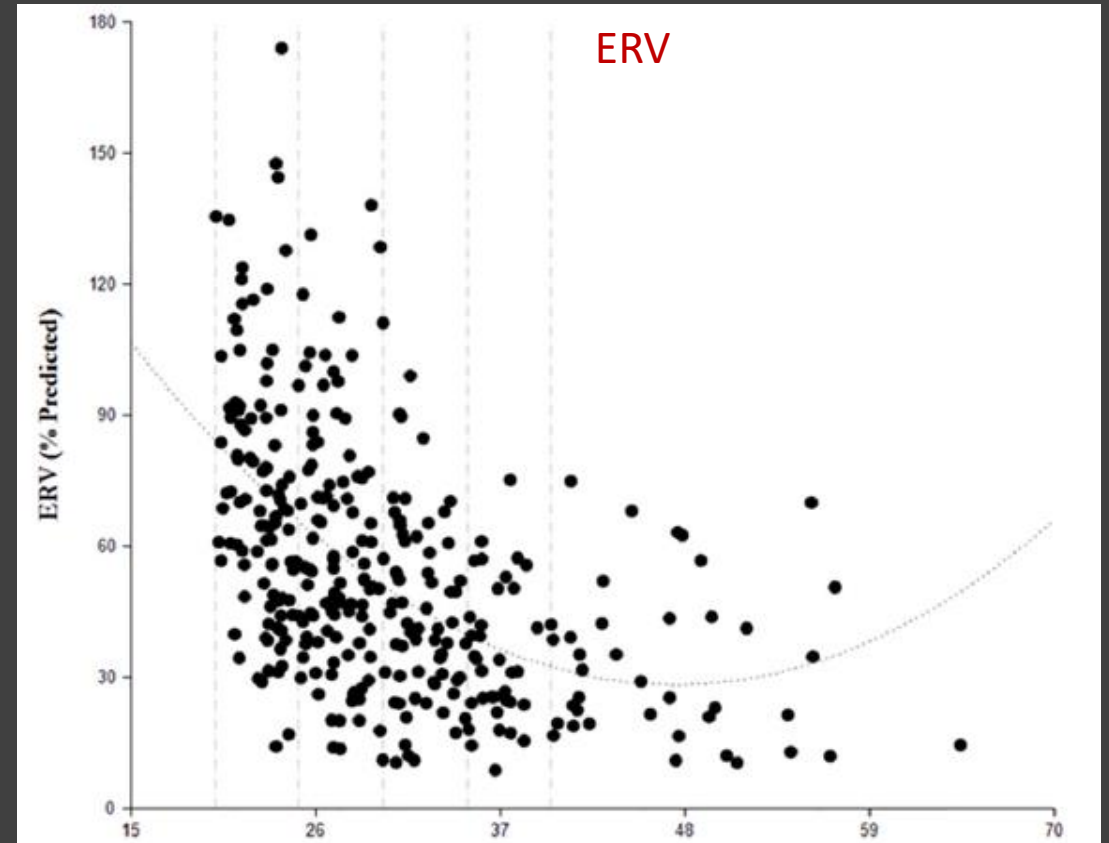
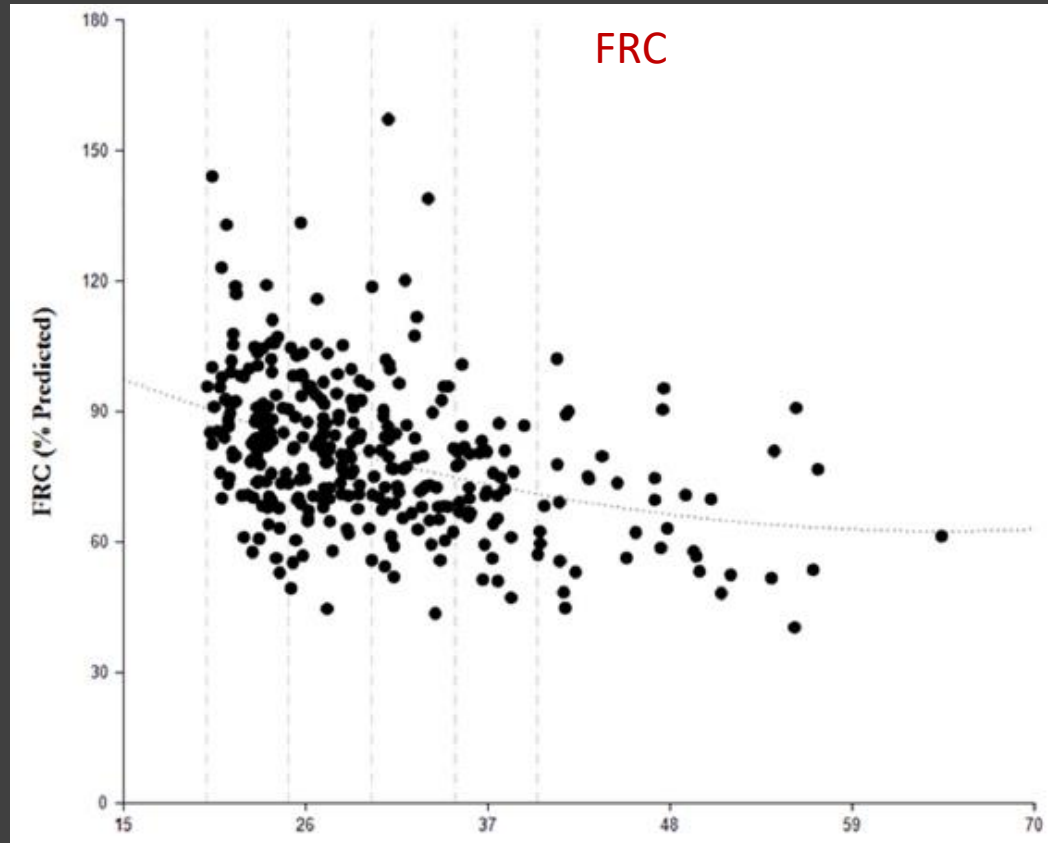
- Meta-analysis through PubMed, Scopus, CINAHL, Cochrane, and EMBASE from 2005 to 2017.
- Relation between overweight or obesity and lung function

	FEV ₁ (%pred)	FVC (%pred)	FEV ₁ /FVC (%)	FEF ₂₅₋₇₅ (%pred)	TLC (%pred)	RV (%pred)	FRC (%pred)
All	-2.2 (-2.6, -1.8)	-2.2 (-3.7, -0.6)	-1.5 (-1.9, -1.2)	-5.4 (-7.3, -3.5)	-4.2 (-5.4, -3.0)	-6.6 (-9.3, -3.8)	-17.1 (-25.2, -9.0)
By age							
Adult	-2.4 (-2.9, -1.9)	-4.6 (-6.9, -2.2)	-1.0 (-1.4, -0.6)*	-3.3 (-10.1, 3.6)	-4.4 (-5.7, -3.0)	-5.4 (-8.2, -2.7)	-16.9 (-25.4, -8.2)
Child	-0.8 (-2.3, +0.6)	0.3 (-1.7, +2.3)	-2.4 (-3.0, -1.8)*	-4.7 (-6.9, -2.6)	-3.7 (-5.8, -1.5)	-33.0 (-44.2, -21.7)†	-18.5 (-24.4, -12.6)†
By asthma							
Asthma	-1.4 (-1.9, -0.9)	-1.7 (-3.7, +0.3)	-1.5 (-1.9, -1.0)	-3.2 (-6.3, -0.1)	-3.3 (-5.1, -1.5)	-5.3 (-9.4, -1.3)	-3.7 (-15.0, +7.6)
No asthma	-3.9 (-7.1, -0.7)	-2.8 (-7.8, +2.3)	-1.6 (-2.3, -0.8)	-4.4 (-10.0, +1.2)	-4.8 (-7.1, -2.5)	-7.6 (-11.7, -3.5)	-23.2 (-30.3, -16.1)
By age and asthma							
Adult, asthma	-1.7 (-2.3, -1.2)*	-3.2 (-6.0, -0.4)	-1.2 (-1.8, -0.6)	-3.3 (-10.1, +3.6)	-3.3 (-5.2, -1.4)	-4.1 (-8.2, -0.1)	-0.7 (-12.5, +11.0)*
Adult, no asthma	-6.9 (-11.1, -2.8)*	-7.5 (-11.4, -3.7)	-0.9 (-1.9, +0.1)	-	-5.3 (-8.2, -2.4)	-6.5 (-10.2, -2.7)	-23.6 (-31.1, -16.1)*
Child, asthma	0.4 (-1.2, +2.0)	0.4 (-0.6, +1.5)	-1.8 (-2.4, -1.3)	-2.5 (-6.6, +1.5)	-3.6 (-8.0, +0.8)	-	-
Child, no asthma	-0.9 (-5.4, +3.6)	2.8 (-6.8, +12.5)	-2.8 (-3.9, -1.8)	-4.4 (-10.0, +1.2)	-3.7 (-6.2, -1.3)	-	-
By weight group							
Overweight	0.37 (-1.7, +0.9)	-0.3 (-1.8, +1.2)	-1.2 (-1.9, -0.6)	-4.8 (-7.2, -2.4)	-2.0 (-4.1, +0.1)	-5.8 (-12.9, +1.4)	-8.2 (-19.7, +3.4)
Obese	-3.9 (-4.8, -2.9)	-3.2 (-5.2, -1.2)	-1.7 (-2.5, -0.9)	-4.6 (-8.1, -1.2)	-5.4 (-7.0, -3.9)	-7.4 (-11.6, -3.2)	-21.2 (-30.9, -11.5)

Effect of obesity on pulmonary function

Variables	Normal (20-24.9 kg/m ²)	Over weight (25-29.9 kg/m ²)		Mild obesity (30-34.9 kg/m ²)		Mod. Obesity (35-39.9 kg/m ²)		Severe obesity (> 40 kg/m ²)	
		β (SE)	p value	β (SE)	p value	β (SE)	p value	β (SE)	p value
FEV1/FVC	Ref	0.15(0.77)	0.850	1.99(0.88)	0.030	1.36(1.09)	0.210	2.46(1.05)	0.020
VC%	Ref	1.09(1.54)	0.480	1.95(1.76)	0.270	-4.44(2.18)	0.040	-0.53(2.09)	0.800
TLC%	Ref	1.20(1.79)	0.490	2.30(1.97)	0.240	-3.55(2.43)	0.150	-1.55(2.34)	0.510
RV%	Ref	1.35(3.96)	0.730	3.28(4.50)	0.470	-1.07(5.57)	0.850	-3.26(5.37)	0.550
FRC	Ref	-4.66(2.23)	0.040	-8.79(2.54)	<0.001	-16.24(3.14)	<0.001	-19.76(3.03)	<0.001
ERV	Ref	-14.09(3.62)	<0.001	-27.4(4.12)	<0.001	-38.61(5.09)	<0.001	-43.66(4.91)	<0.001
DLCO	Ref	-2.68(1.47)	0.070	1.05(1.68)	0.530	-4.37(2.08)	0.040	-9.18(2.00)	<0.001
RV/TLC	Ref	0.02(0.03)	0.390	-0.02(0.03)	0.650	-0.01(0.04)	0.940	0.01(0.038)	0.900

Effect of obesity on pulmonary function



BMI

Effect of obesity on biomarkers

Biomarkers

- Leptin ↑
- Adiponectin ↓
- Adipose tissue inflammation ↑
- Serum IL-6 ↑
- Oxidative stress ↑
- Exhaled nitric oxide ↓

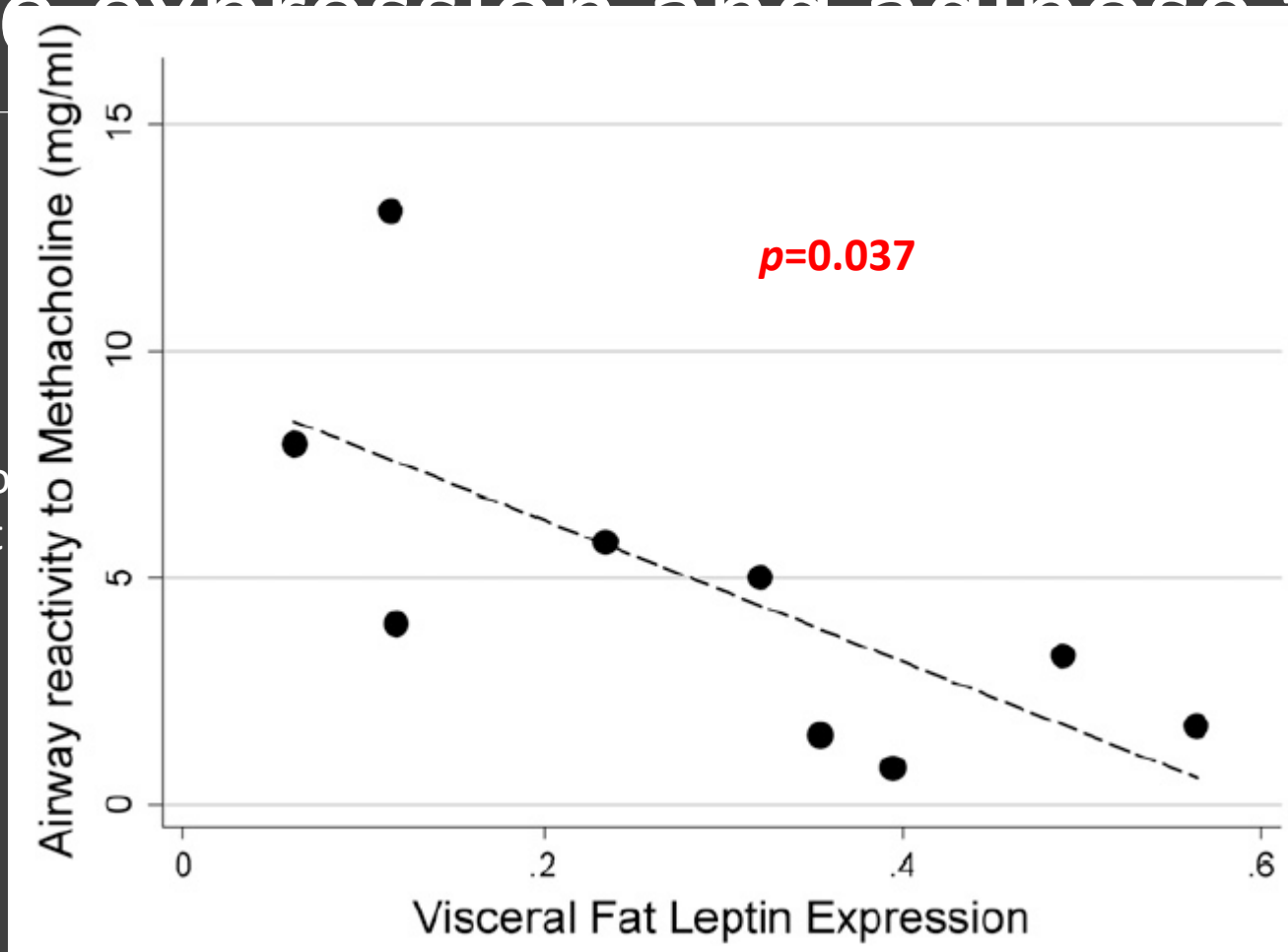


Lung function and airway reactivity

- FEV1 ↓
- Expiratory reserve volume ↓
- Functional residual capacity ↓
- Peak expired flow ↓
- Airway hyperresponsiveness ↑
- Bronchodilator responsiveness ↔

Adipokine expression and adipose tissue

- Cohort study
 - obese women with asthma
 - obese control women
- Outcome
 - Relation inflammation in adipose tissue in obesity with late-onset asthma

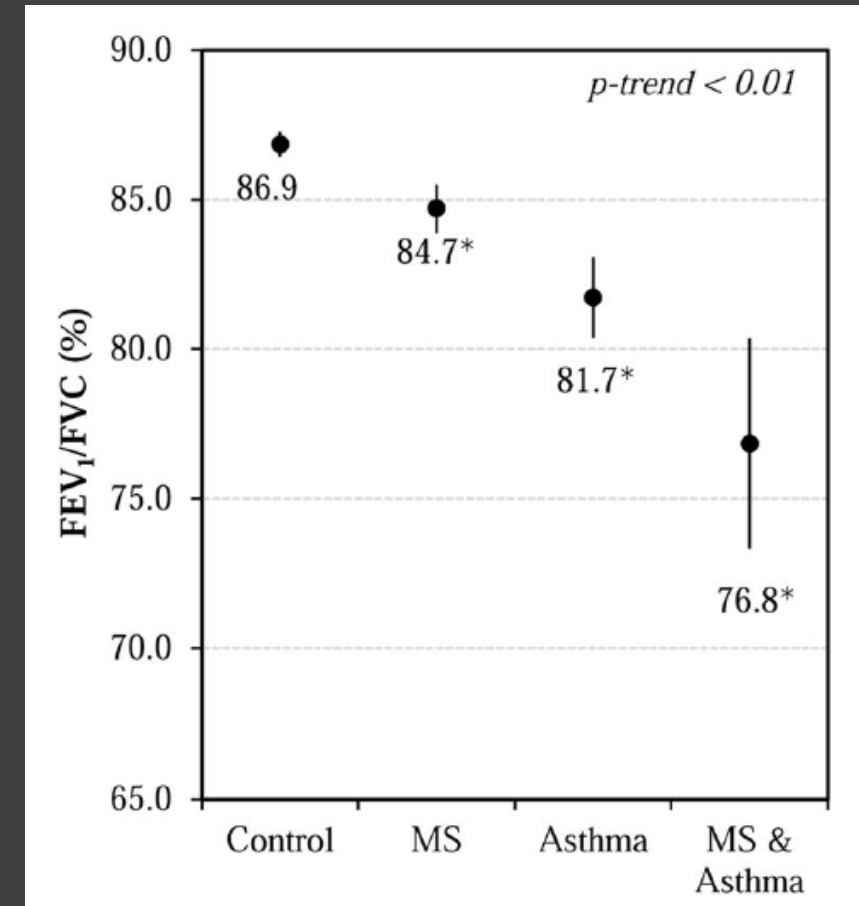
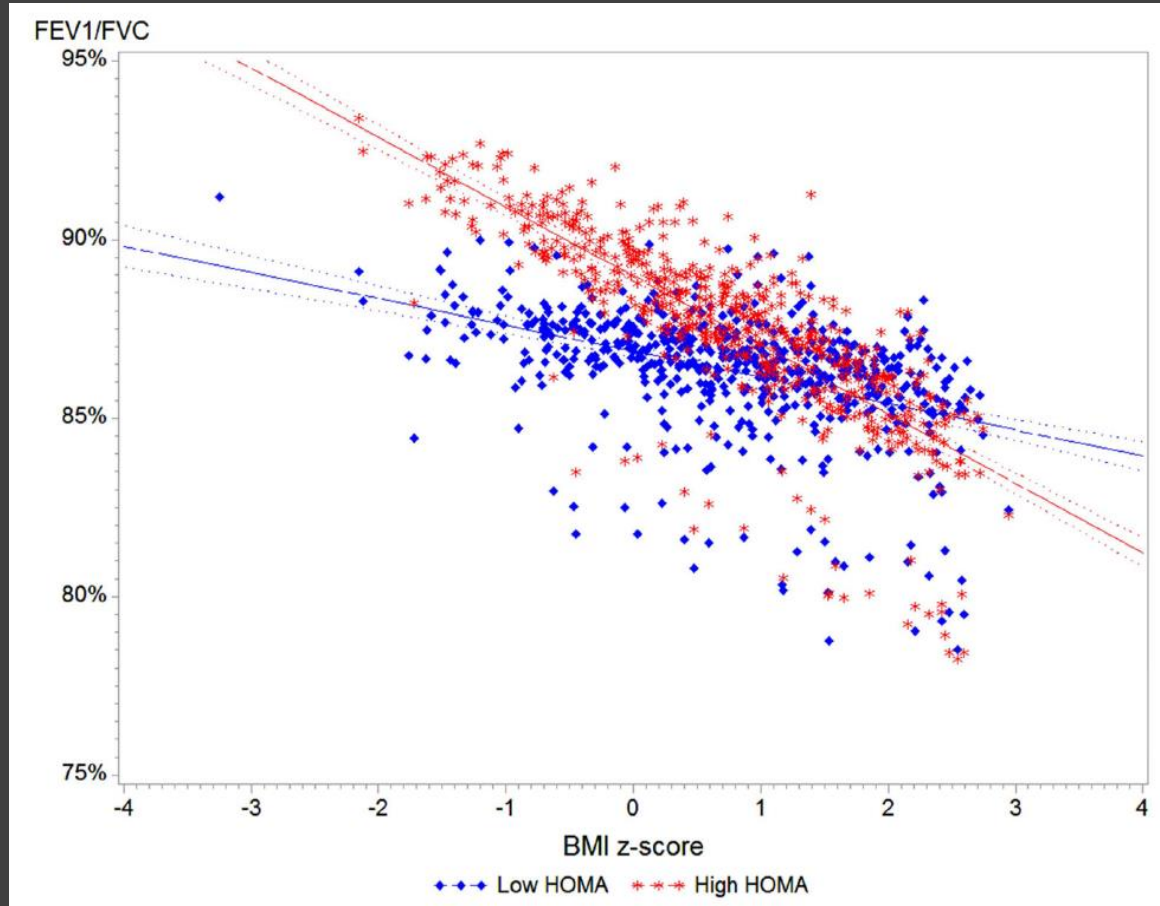


value	Adjusted <i>p</i>
0.002	0.026
0.001	<0.001
0.015	0.012
0.08	0.49
0.16	0.71
0.13	0.86
0.66	0.44
0.57	0.78

*Adjusted *p*: controlled for BMI

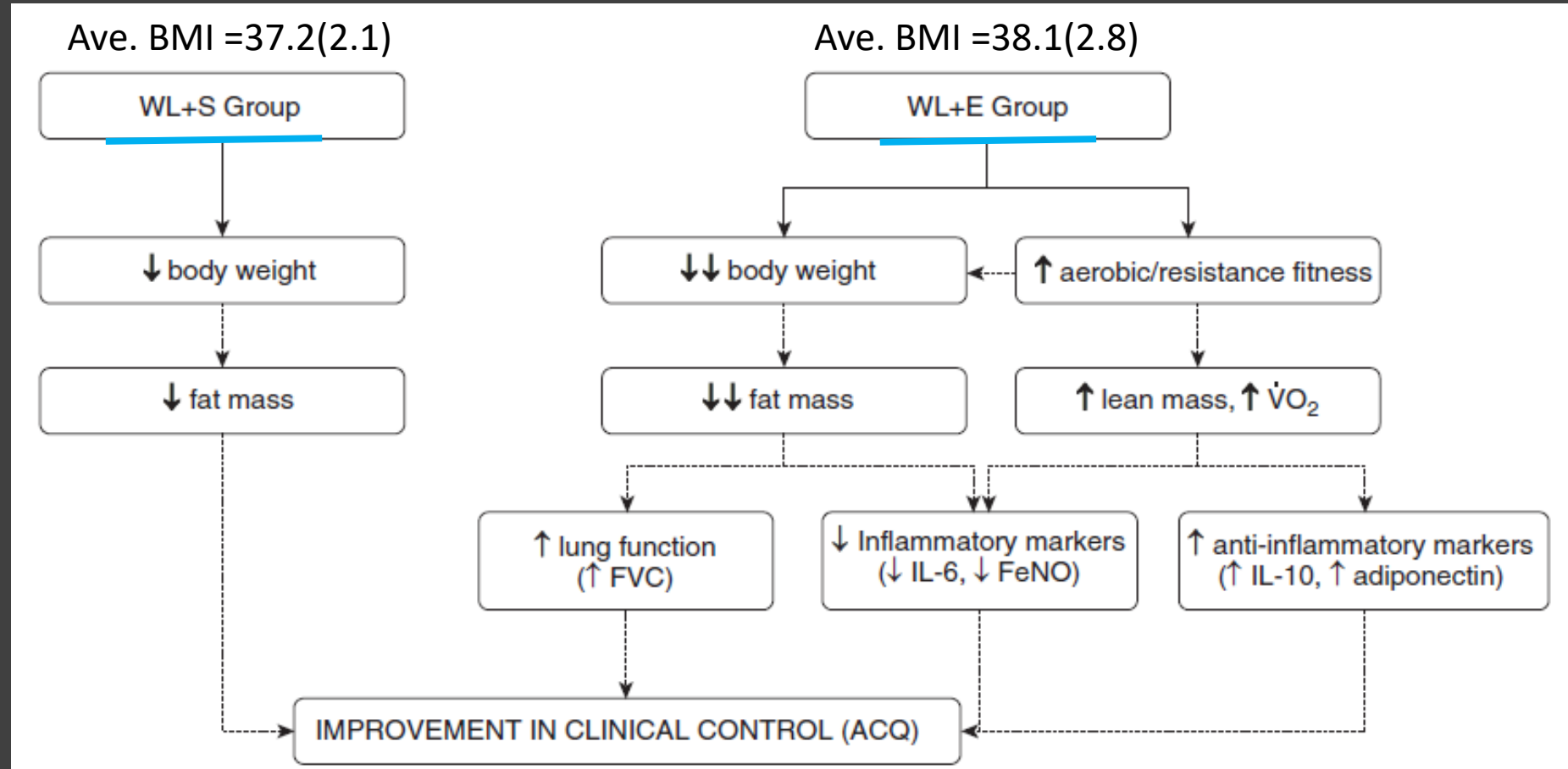
Asthma and metabolic dysfunction

Cross sectional study
N=1429
Aged 12-17 years

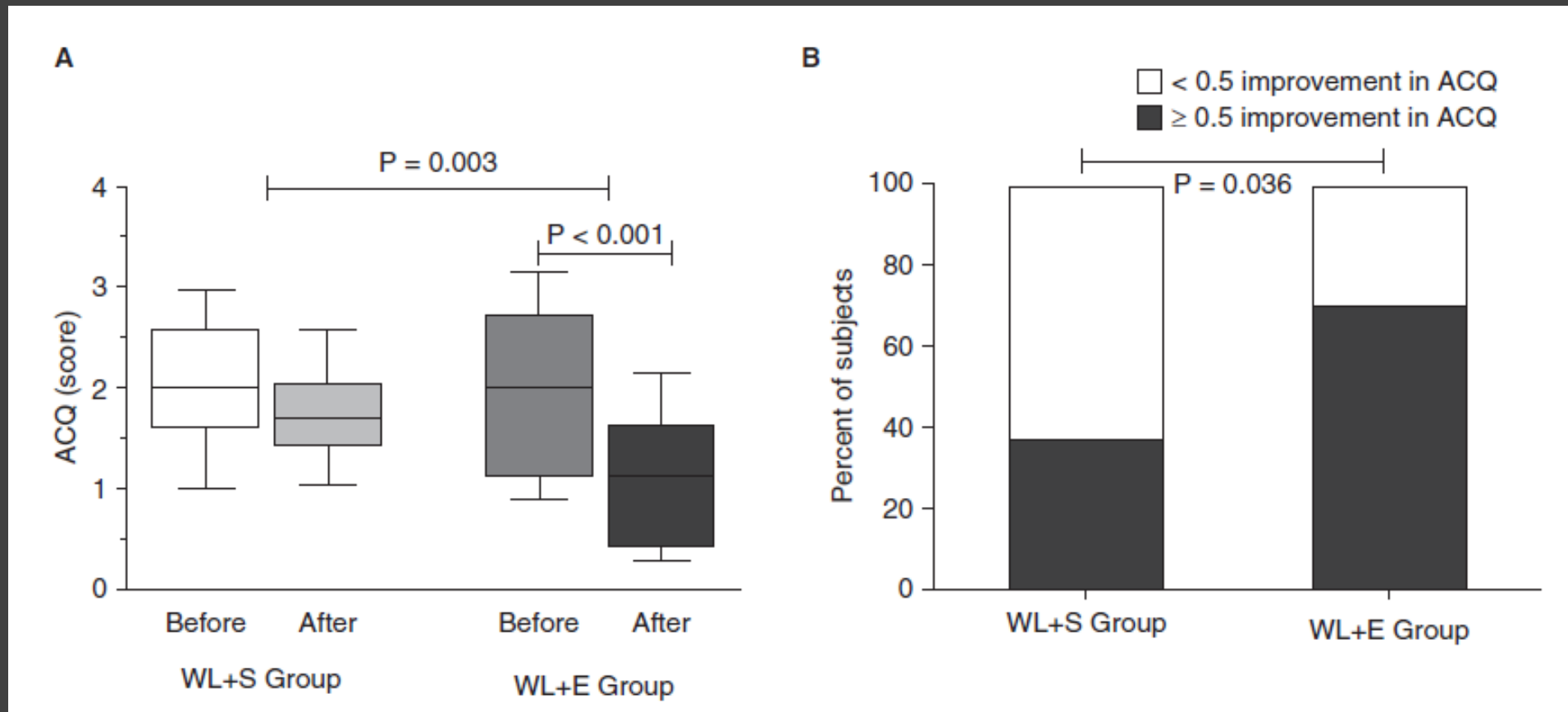


Positive effect of exercise on asthma control

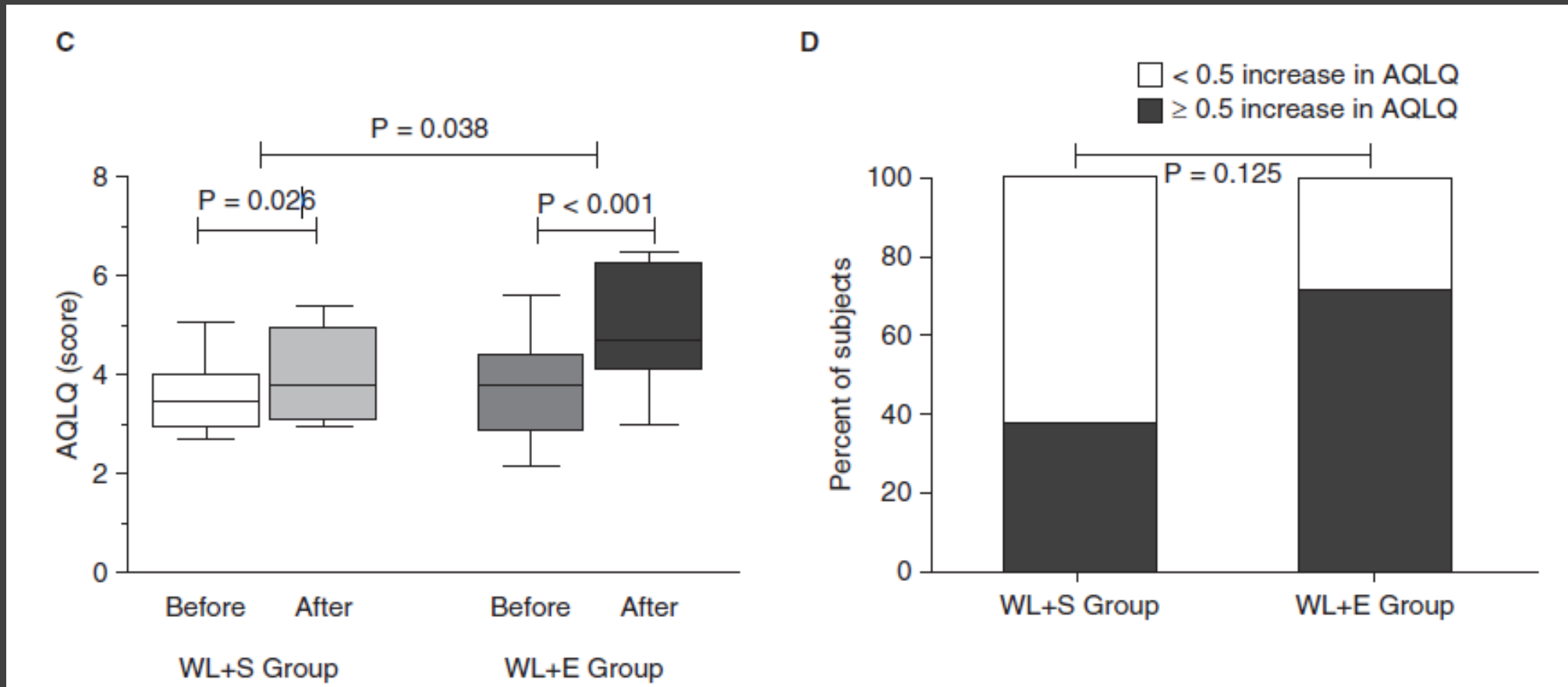
- Randomized clinical trial
- N=55, obese pts.
- WL+S group
 - weight loss program
- WL+E
 - weight loss + exercise
- Outcome
 - : examine the effect of exercise training on asthma control, quality of life, etc.



Exercise and asthma control



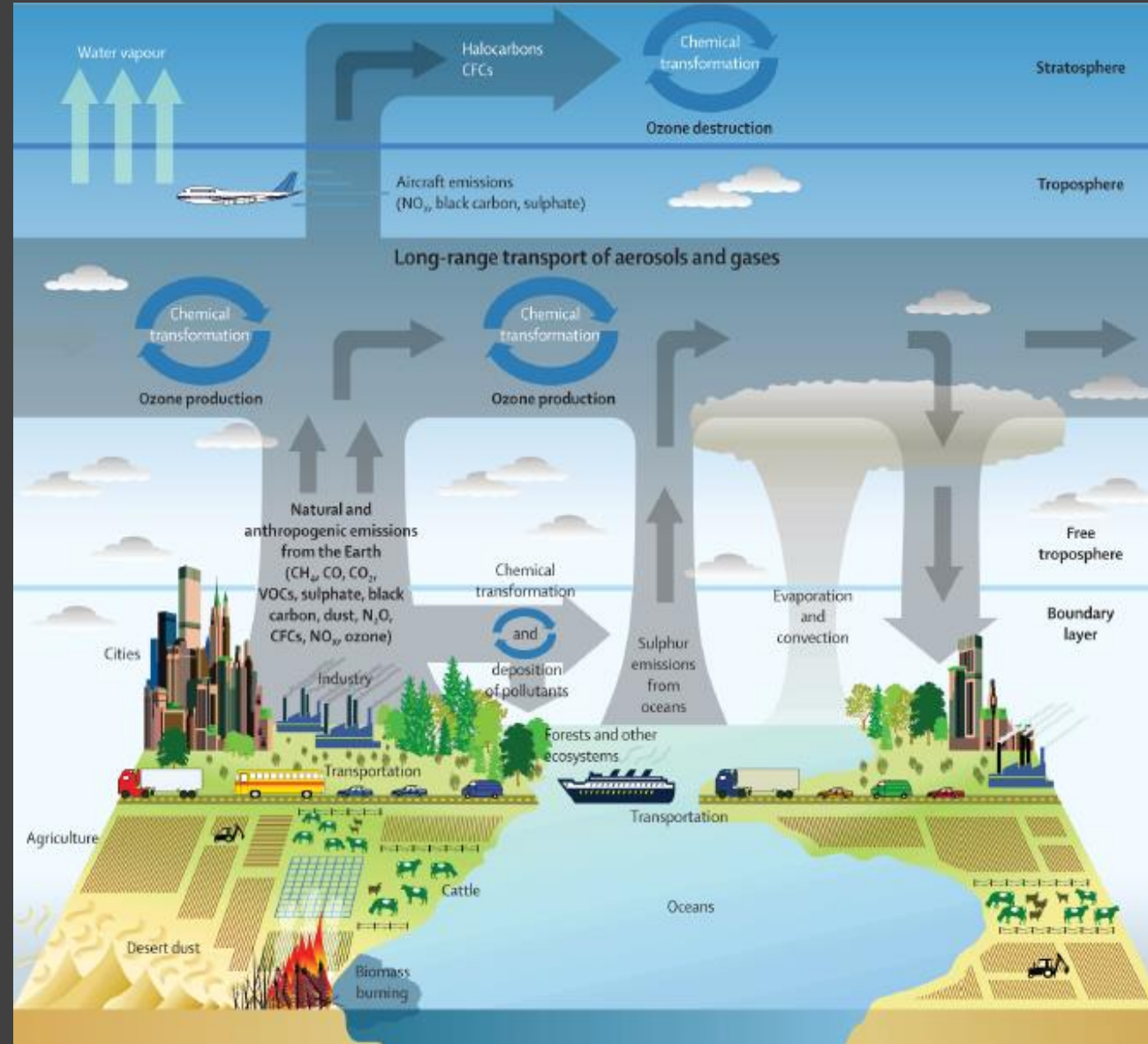
Exercise and quality of life in asthma pts.



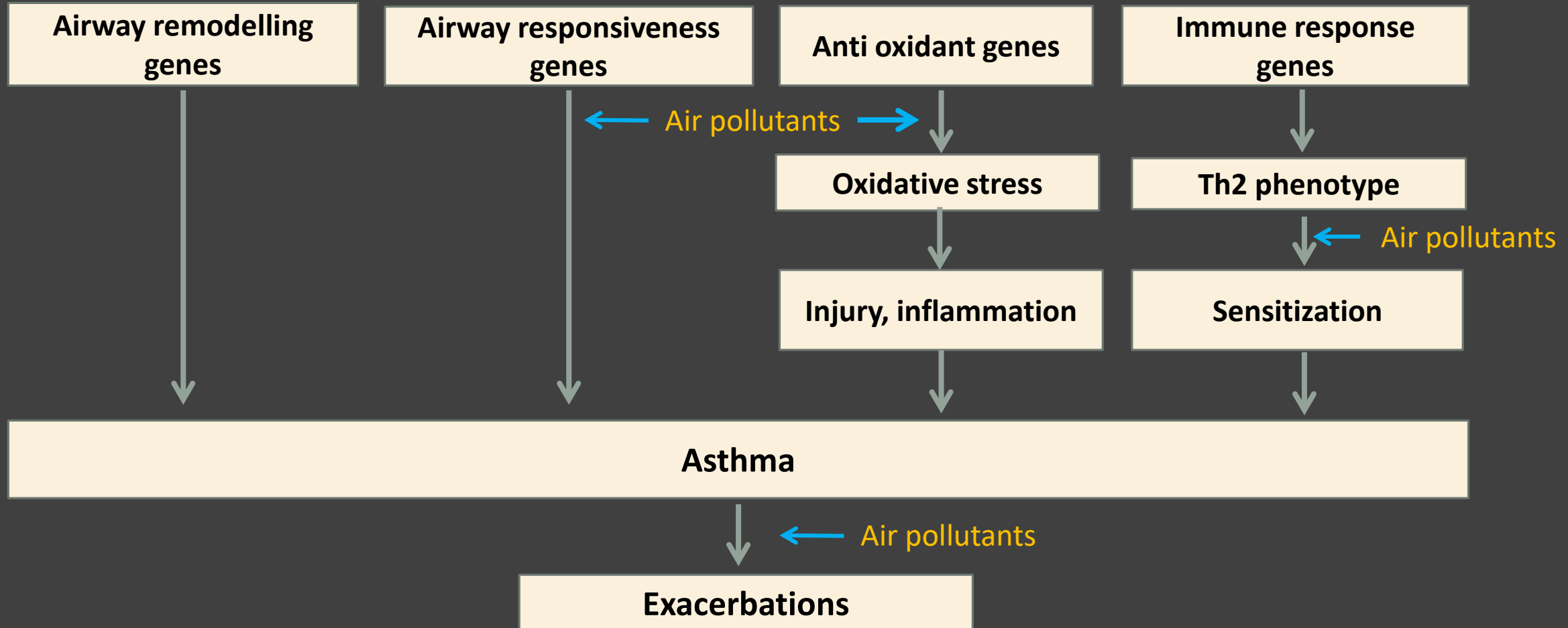
Sub-summary

- Obesity is an important risk factor for asthma and asthma morbidity.
- Potential underlying mechanisms include a systemic inflammation, metabolic abnormalities, and changes in lung anatomy and function.
- There is growing evidence that weight-loss interventions also help improve asthma outcomes.

Outdoor pollutants



Mechanism of air pollutants in asthma

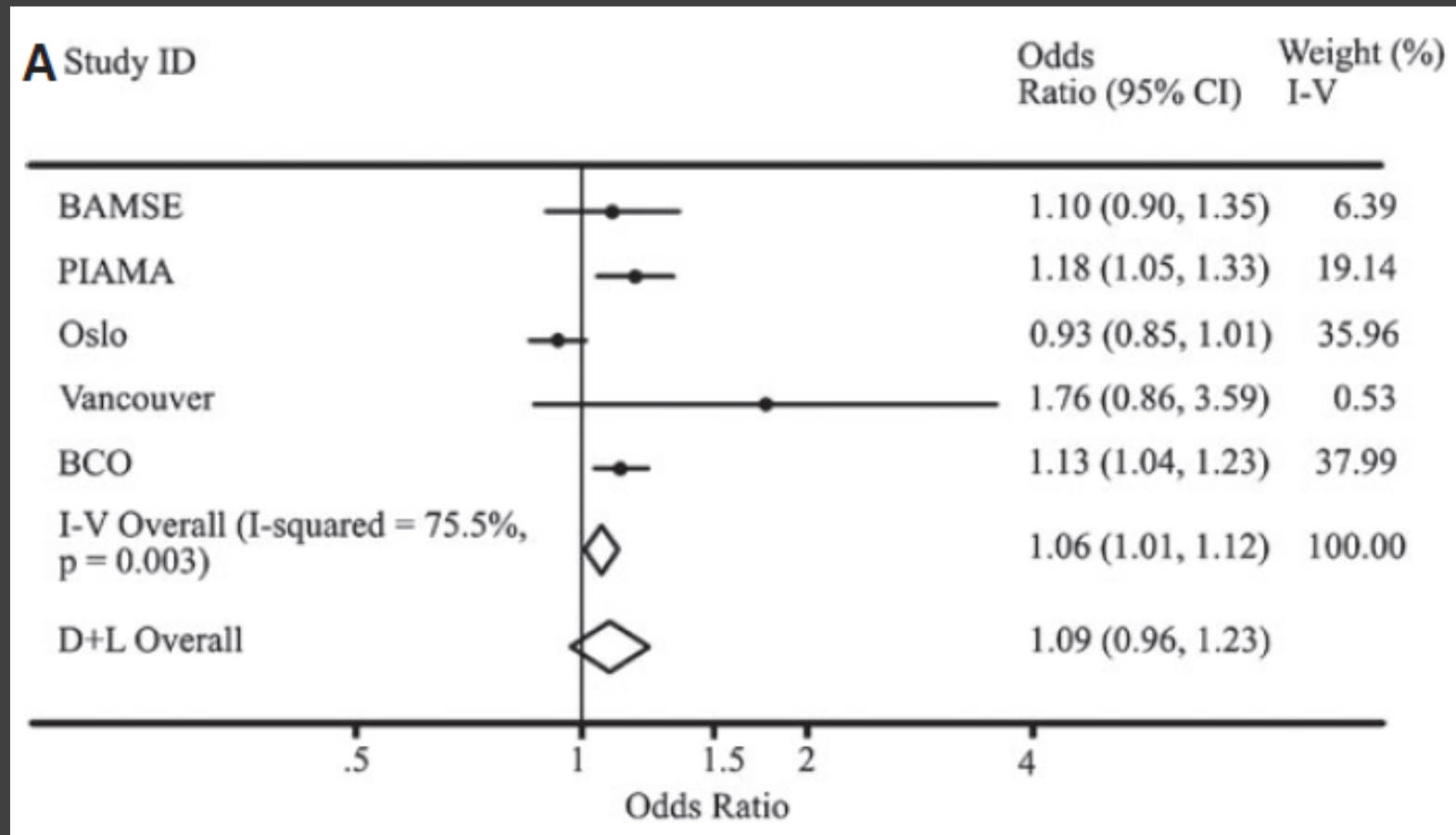


Acute effects to pollutant gases

	Ozone	Nitrogen dioxide	Sulfur dioxide
Bronchoconstriction	+/-	-	+
Decreased FEV1 and FVC	+	-	-
Increased airway responsiveness	+	+	-
Airway inflammation	+	+	-
Enhanced responses to inhaled allergen	+	+	+

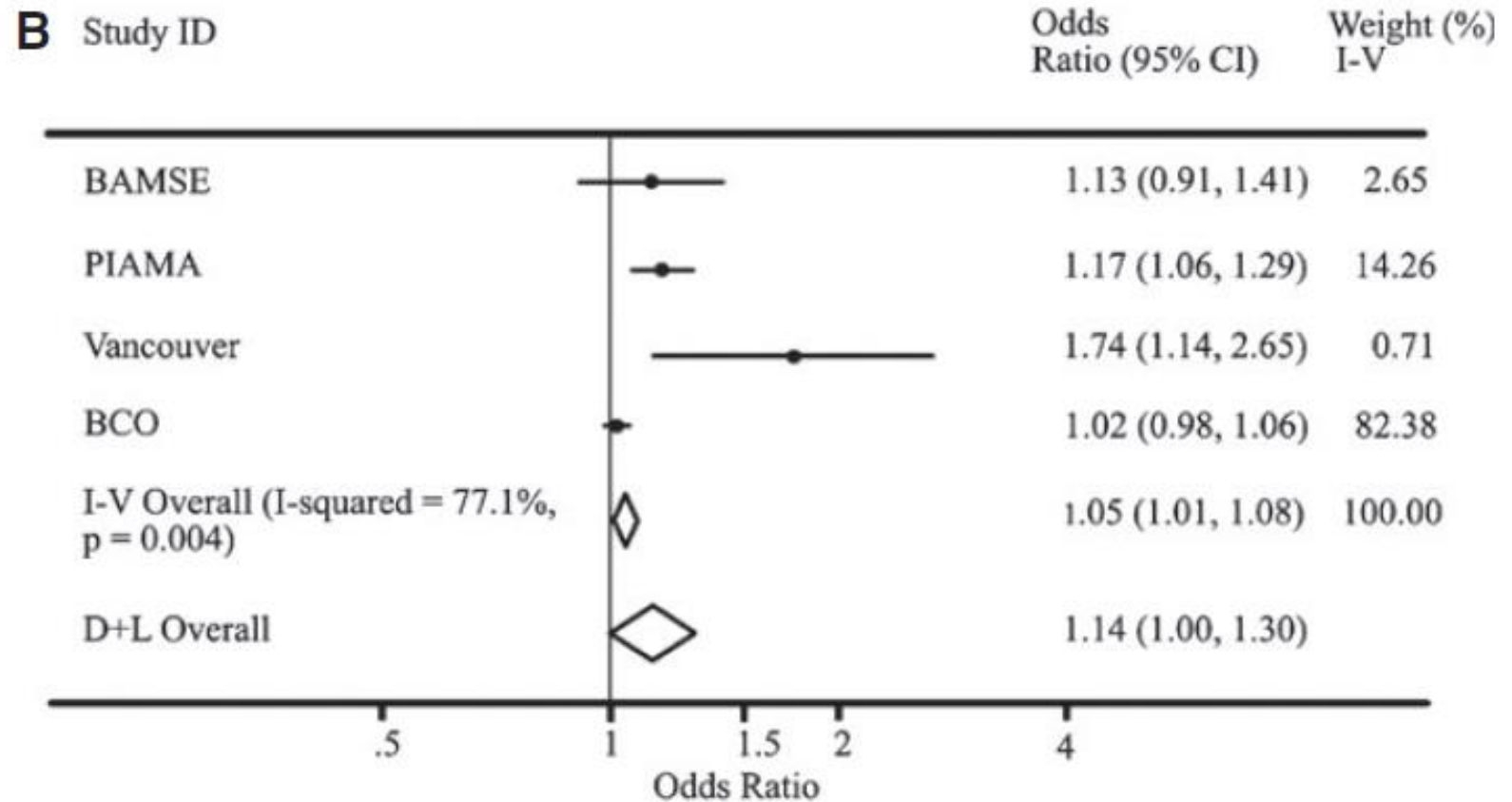
Influence of childhood TRAP exposure

NO₂ exposure



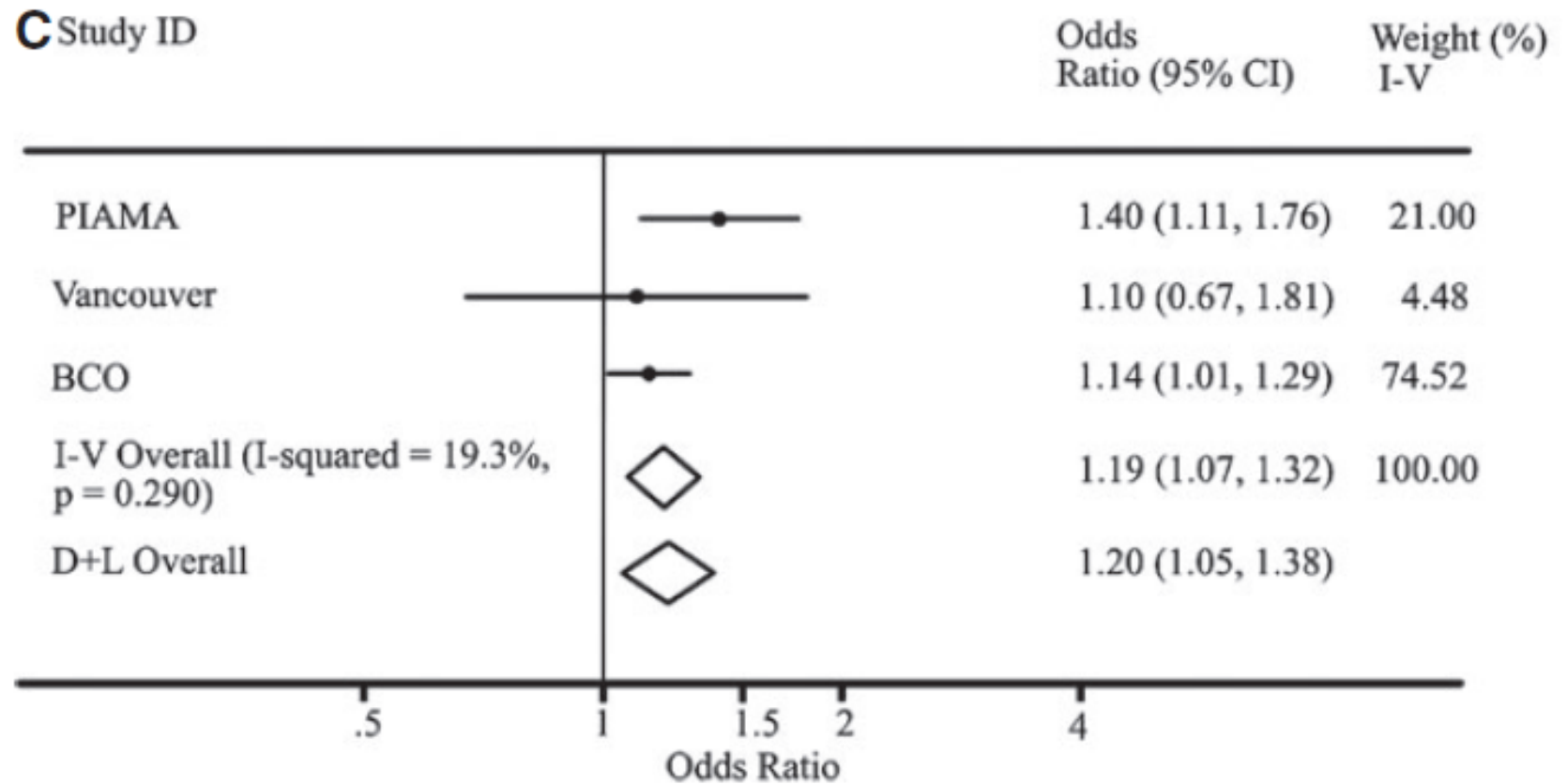
Influence of childhood TRAP exposure

PM_{2.5} exposure



Influence of childhood TRAP exposure

Black carbon exposure



Ozone exposure from Toronto birth cohort

- In **the 2006 T-CHEQ study**, 5,619 children aged 5-9 were recruited from randomly-selected public schools in Toronto, Ontario. Participants were followed from birth until outcome, March 31, 2016, or loss-to-follow-up.
- Yearly mean values of NO₂ and O₃ were acquired from air pollution fixed monitoring stations across Ontario.
- The cohort contained 1,881 children (48% boys) who were followed from birth for an average of 13 years. Almost one third (31%) of children developed asthma during the study period. The average age at asthma incidence was 3 years.
- **Exposure to O₃** at birth was associated with an 82% increased hazard of asthma (**HR: 1.82 [1.05-3.18]**)
- **Exposure to NO₂** was not associated with asthma (**HR: 1.02 [0.53-1.98]**).

Overweight and indoor exposure (PM_{2.5})

Outcome	Normal weight (N=82, 376 obs.)	Overweight (N=23, 104 obs.)	Obese (N=82, 376 obs.)	p-value
Cough, wheeze, or chest tightness	2.19 (1.18-4.08)	2.84 (1.16-6.95)	2.23 (0.99-5.05)	0.05
Nocturnal	1.04 (0.52-2.07)	5.59 (1.57-19.94)	3.02 (0.88-10.39)	0.24
Exercise related	1.70 (0.74-3.93)	4.36 (1.14-16.71)	3.06 (0.87-10.73)	0.16
Cough without cold	2.06 (0.79-5.37)	3.17 (1.33-7.57)	5.00 (1.37-18.22)	0.02
Slowed activity	1.58 (0.75-3.33)	2.88 (1.15-7.23)	2.45 (0.78-7.65)	0.08
Maximum symptoms	1.53 (0.79-2.99)	4.83 (1.49-15.64)	2.18 (0.71-6.65)	0.14
SABA use	1.97 (1.01-3.84)	3.31 (1.37-8.03)	2.26 (0.84-6.03)	0.57

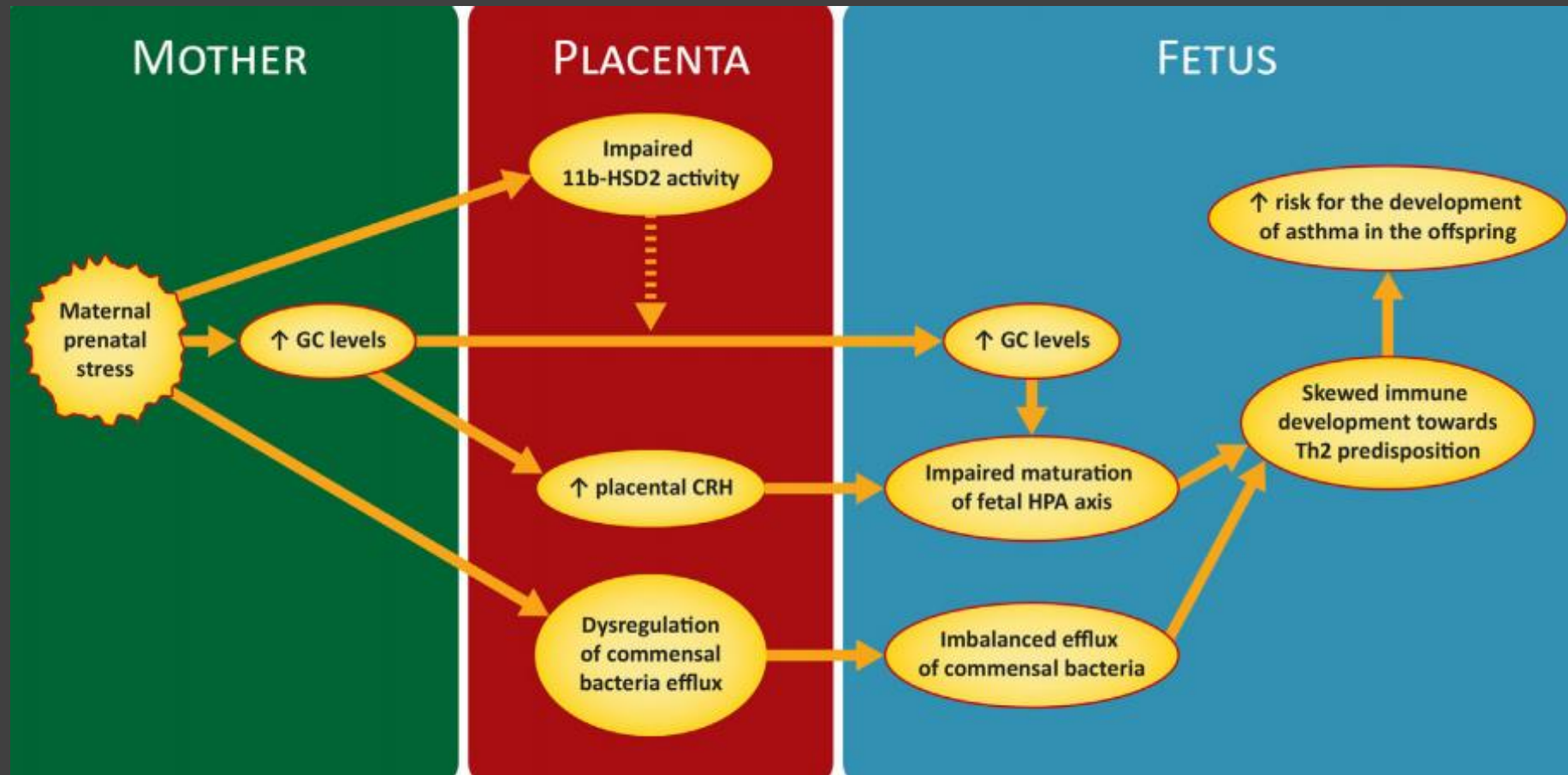
Overweight and indoor exposure (PM₁₀)

Outcome	Normal weight (N=82, 376 obs.)	Overweight (N=23, 104 obs.)	Obese (N=82, 376 obs.)	p-value
Cough, wheeze, or chest tightness	1.40 (0.83-2.36)	2.00 (0.31-13.01)	2.33 (0.96-5.64)	0.33
Nocturnal	1.21 (0.75-1.94)	1.31 (0.10-17.21)	1.32 (0.59-2.96)	0.55
Exercise related	1.23 (0.74-2.04)	0.87 (0.09-8.53)	2.17 (0.90-5.23)	0.62
Cough without cold	1.71 (0.97-3.04)	0.96 (0.14-6.52)	4.67 (0.93-23.50)	0.15
Slowed activity	0.83 (0.49-1.41)	1.07 (0.20-5.73)	1.71 (0.86-3.39)	0.14
Maximum symptoms	1.06 (0.65-1.74)	1.43 (0.24-8.72)	1.88 (0.88-4.03)	0.25
SABA use	0.97 (0.66-1.44)	1.19 (0.44-3.21)	1.83 (0.64-5.27)	0.47

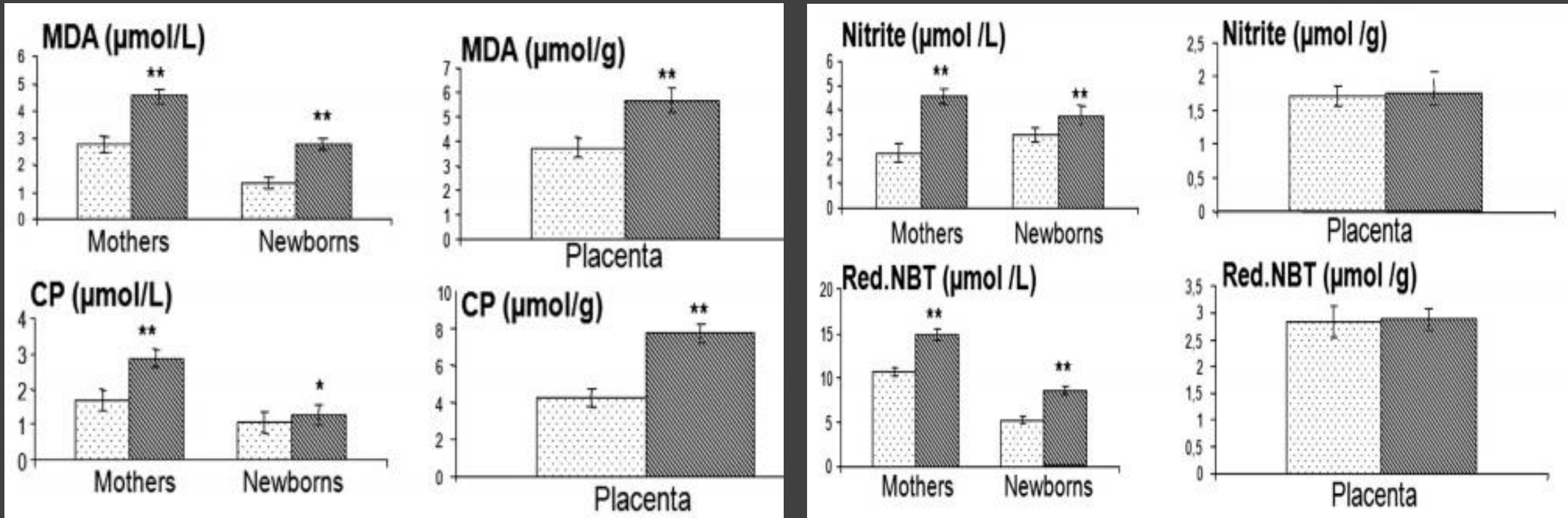
Sub-summary

- The effects of air pollution are both direct and indirect.
- TRAP exposure is most influential during our childhood.
- Ozone exposure is associated with asthma risk.
- Overweight children are more vulnerable to indoor pollutants.

Prenatal maternal stress and offspring asthma



Prenatal exposure through feto-placental unit



Prenatal intake of acetaminophen and ibuprofen

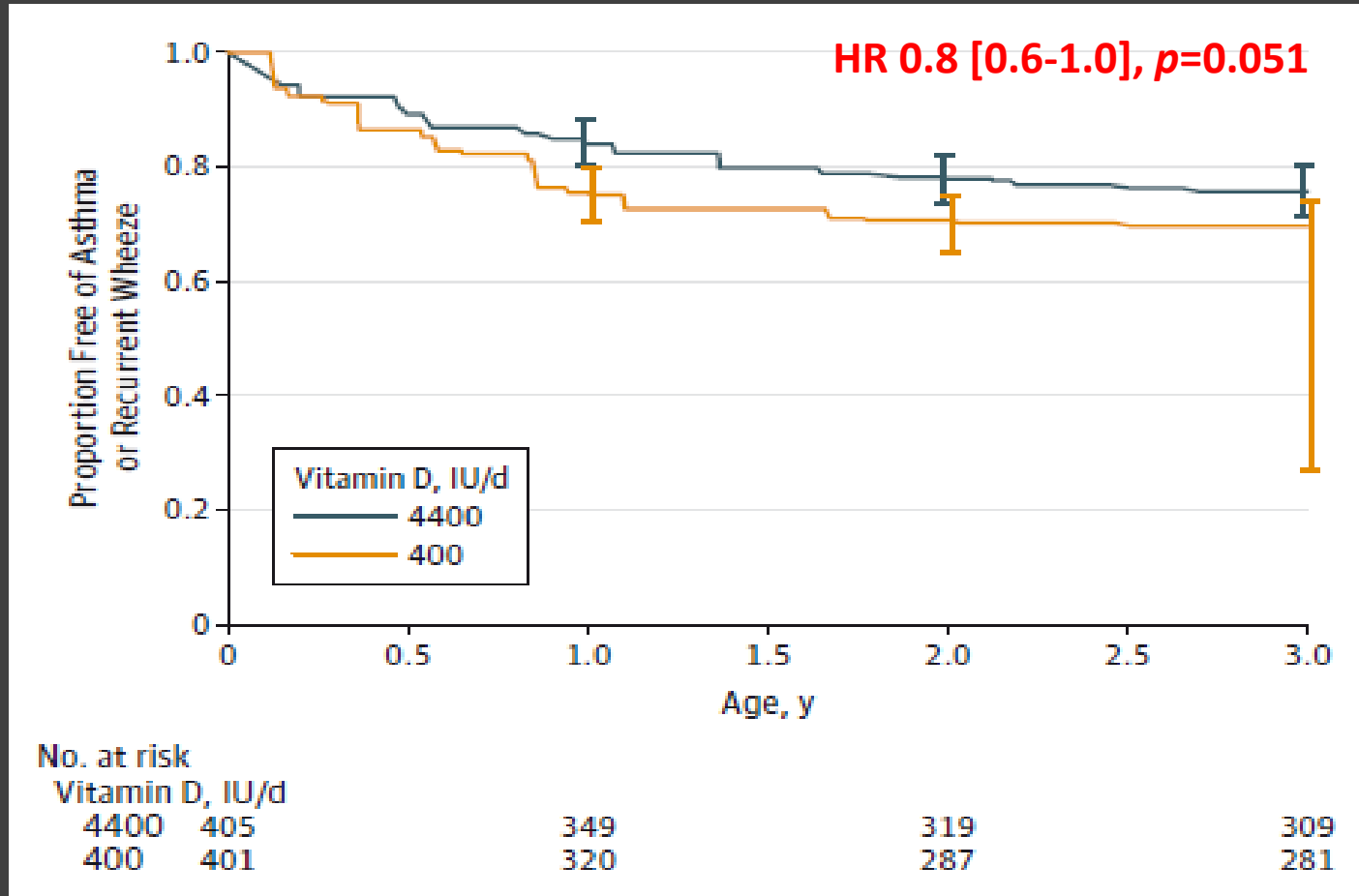
	Early childhood (age 3-5yrs)		Mid childhood (age 7-10yrs)	
	Asthma, OR (95% CI)		Asthma, OR (95% CI)	
Prenatal intake	Unadjusted	Adjusted	Unadjusted	Adjusted
Acetaminophen	1.36 (1.14-1.61)	1.26 (1.02-1.58)	1.21 (0.98-1.48)	1.25 (0.94-1.65)
Ibuprofen	1.55 (1.12-2.14)	1.17 (0.78-1.76)	1.36 (0.93-2.01)	1.16 (0.69-1.95)

Cumulative exposure of acetaminophen and ibuprofen

	Early childhood (age 3-5yrs)			Mid childhood (age 7-10yrs)		
	Asthma, OR (95% CI)			Asthma, OR (95% CI)		
Cumulative exposure	Unadjusted	Adjusted (Infection)	Adjusted (all co-variates)	Unadjusted	Adjusted (Infection)	Adjusted (all co-variates)
Acetaminophen	1.40 (1.21-1.62)	1.27 (1.08-1.49)	1.17 (0.98-1.40)	1.37 (1.14-1.64)	1.34 (1.11-1.62)	1.32 (1.06-1.65)
Ibuprofen	1.52 (1.28-1.80)	1.31 (1.10-1.58)	1.25 (1.01-1.55)	1.17 (0.96-1.44)	1.12 (0.91-1.39)	1.14 (0.87-1.48)

Vit. D treatment from VDAART trial

- Randomized clinical trial (2009.10 ~2015.01)
- N=881, women
- Control (C)
: vit. D, 400IU group
- Treatment (T)
: vit. D, 4400IU group



Vit. D3 supplement during pregnancy

- Randomized clinical trial within the Copenhagen Prospective Studies on Asthma in Childhood 2010 cohort
- N=708, pregnancy women -> N=581, children in March 2014.
- Control group: vit. D, 400IU / Treatment group: vit. D, 2400IU

End Point	Vitamin D ₃	Control	Estimate (95% CI)	P Value
Persistent wheeze, No. (%)	47 (16)	57 (20)	Hazard ratio (HR), <u>0.76 (0.52-1.12)</u>	.16
Episodes of troublesome lung symptoms, mean (95% CI)	5.9 (5.2-6.6)	7.2 (6.4-8.1)	Incidence risk ratio (IRR), 0.83 (0.71-0.97)	.02
Asthma at 3 y, No. (%)	32 (12)	47 (14)	Odds ratio, 0.82 (0.50-1.36)	.45
Respiratory tract infections				
Upper, annual mean (95% CI)	5.2 (4.8-5.5)	5.3 (4.9-5.6)	IRR, 0.99 (0.90-1.09)	.84
Lower, No. (%)	94 (32)	95 (33)	HR, 0.96 (0.72-1.27)	.76

Summary

- Asthma is a heterogenous disease. There have been several risk factors to develop asthma.
- Shifts in asthma prevalence based on gender coincide with **changes in sex hormones** and suggests that sex hormones modulate pathways associated with asthma pathogenesis.
- Patients with obesity have a greater risk of developing asthma than those with normal weight.
- Outdoor air pollutants can cause the new onset asthma and asthma exacerbation.
- Prenatal and perinatal variables have effects on childhood asthma, but the evidence are conflicting, yet.