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## **Medical Nutrition Therapy for Asthma**

**Bulbin Jose**

Dubai Health Authority, UAE

Asthma is a chronic respiratory disorder associated with airway inflammation. Factors play a crucial role in asthma pathophysiology are environmental and genetic factors. Common triggers of asthma symptoms are smoke exposure, inhaled allergens, indoor and outdoor air pollution. In diseases such as cardiovascular disease, type 2 diabetes and cancer, the role of diet has clearly established but in asthma diet is not identified as a casual factor. However, some kinds of dietary patterns such as western diet, which includes a high intake of refined grains, processed meats and desserts, have pro inflammatory effects. The Mediterranean diet rich in fruits and vegetables has anti-inflammatory properties. There is no specific diet recommended for asthma but there are some foods and nutrients improve lung function such as Vitamin D, Vitamin A, Vitamin B6, Magnesium, apples, banana etc. The impacts of food on asthma outcomes is of growing interest, but the dietary habits of asthma patients are not commonly investigated in clinical practice. In this, review the impact of nutrition management for asthma patients will bring new insights.

## **Biography**

Bulbin Jose is a Registered Dietician, obtained MPhil degree in Foods and Nutrition from India with experience in multi-super specialty hospitals. She is currently a Sr. Clinical Dietician in Dubai Health Authority. She has been Chief Medical Nutritionist in Lakeshore Hospital and Research Center. She has capability to handle the dietary and nutrition departments, conducting training programs for both bachelor and master degree students and for those who are preparing for registered dietitian exam (RD), supervising and directing assistant dietitians, assisting doctors and college students for various research programs, teaching, counseling, menu planning for Ryles tube feeding, jejunostomy feeding planning enteral and parenteral feeds for critical care and ventilated patients and therapeutic diets.

bulbin24@rediffmail.com