**BBC Radio 4**

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 a 10 year study in France has suggested that a diet high in processed meat could make asthma symptoms worse it looked eating habits nadir 1000 people those consuming more than 4 portions of hand sausages or salami week appear to have more difficulty with asthma the researchers believe that nitrite preservatives may irritate the away Dr Samantha Walker is director of research and policy at asthma UK good morning mining what do you think of this research I think it's interesting that people are trying to unpick what the relationship is between diet and and asthma symptoms I think is quite difficult to unpick all of the different elements in what you're other things it is based as well as different foodstuffs but I think it's interesting that people make an attempt to try and do that I think is quite interesting work because what this found that those who ate the most killed meat was 76 % more likely to experience worsening asthma symptoms than those who ate the least Yes but you have to remember this is only one study it's quite an understudy Aaron it's only just under 1000

people so I think what they've shown is there is a relationship as to a statistical few light relationship between exposure and symptoms that does not mean if you're on an individual basis eating chilled meats as game to make asthma worse but I think it's a signal that that's very interesting also to do with whether you're overweight a lot to do at the NI might do you believe that there is a link between diet and asthma i-i-i think it's very unclear at the moment I think Pam and I think what will come out next few years is that obesity is a problem the high BMIs a proper And because of to do with low levels of inflammation in the blood caused by obesity earlier on in how exactly does obesity it calls or is linked to asthma think I'm in my understanding of science

so far if you're if you're very overweight yourselves release chemicals that cause a sort of low inflammatory process that can be related to other things like cardiovascular disease as well as things like asthma and what seems to be coming out

of the science is that if you're overweight you got this kind of low level of inflation perhaps caused some way by the obesity that predisposes you have worse worst asthma all or asthma ritual but I think it is very unclear think 3 people die every day of asthma and clearly to understand this is really really important but I think it took its uncovering that path like Yeah an and perhaps what what you're saying does link back to this study in that nitrite used in cured and processed meat have been linked to cancer heart disease and obesity is not it's not healthy component people died no and I think the preservatives in cured meats as well as decided with the overweight Association with leafleting these maids is probably quite a complicated picture but the fact that this just under 1000 people showed that Association think is interesting but its imports take that in the spirit that it anyone study but and you say this is an under researched area altogether that we we know very little about diet and asthma Yeah absolutely I think that there is starting to be work done on what

you eat it too when you're younger changes the way you're genetics you you do genetic come present themselves and maybe all sorts of things happening without the we don't understand when as a child that may come out as an adult on think we need research in this area to really understand them better Dr Samantha Walker thank you very much