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12/21/2016 07:27:03 AM

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eating a lot of Ham and sausage may make asthma symptoms worse that's the court according to researchers in France a study in the journal thorax says preservatives in meat could be to blame In for aggravating the airwaves let's speak to Dr Samantha Walker director of research

and policy at asthma UK morning Sue mining and anyone involved in this process you have a look it's what you make of it think is quite interesting that people are trying to disentangle the effects of diet on asthma because I think it's complicated and think it is worthy of study think it's only one study is not a wealth of research area so I think the Association that if you eat a lot of preserved meats Mei Mei asthma worse is it is an interesting observation and just difficult to extrapolate it to to what that means in day today practice days beating if you like so what do we know then what has been scientifically proven and about how diet affects as that in my understanding of the literature of what people with asthma told us it is difficult to to pin it down to a particular food group or type of group but seems to be coming through is that may be that away everything at some point in your life can change the way your body responds to that idea in your gutter or

with things like asthma and think the problem is something in that but it's it's very complicated if you think many things were all exposed to all the time she disentangling the impact of one food group is is really difficult my gut feel as if if she if there was anyone food group we know what it was by now that was was causing the problems is that probably lots lots of things happening at the same time extensive survey was at 10 yrs and they studied 1000 French people so pretty comprehensive Yes amina think I think as a study it's it's it's well done I think it sits at as you say just under 1000 people followed over a long time a think they've done the best they can to try and identify and pull out these different things but we know that for example smoking and high BMI or obesity and at not take unnecessary sample all or not look after as well much bigger indicators of of for asthma to control than diocese are anything is just important to get that balance is interesting is that what they're saying is processed meat is rich in nitrates which may

have a role in airway inflammation and it is interesting is it no because as many diets out a you kind of know personally it's very sort of spoke to each individual person that you send food make you feel different don't they so you kind of can extrapolate why wouldn't that have an effect on the body think the Yes you raise a good pointer think anything like cured meats which have got all sorts of sold as he said preservatives night tryst things designed to to make it last longer and taste nicer logically would have an impact on people but but research is important that we understand whether or not people with asthma for example or even people that asthma should be avoided eating this because it will cause asthma clearly is an important question to answer thank you join us on breakfast of cement organ a director of research and policy at asthma UK