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with asthma, but new research out One in 11 people in the UK lives lots of processed meats today suggests that eating like ham and sausage might make their symptoms worse. The study in the journal Thorax says preservatives in the meat could aggravate the airways, but experts say there needs to be further research. Dr Samantha Walker is the deputy chief executive of Asthma UK. research's I think it is very good and it is interesting that people are trying to unpick the effect of diet on their asthma. It is complicated, because what you eat is difficult to disentangle, but this study seems to indicate that there is some relationship between these processed meat and the development of asthma symptoms later. But it is

difficult to say that that would cause worsening of asthma symptoms on an individual basis, and it is only one study, it is the beginning of the work only. The key thing for people with asthma is, what is your advice to them? We know that many more things, or think that not food, are important. If you smoke or are overweight, for example. There is no specific dietary advice. But making sure you are taking your preventative medicines and spotting worsening symptoms, making sure you have a written action plan for an emergency, that will be more useful than starting to avoid processed meat. That is key, we do talk about it here, the medication and the way you take it is important? People on preventers need to take them regularly, even when they do not have symptoms, if you start to feel worse, consult your doctor or nurse or take more of your medicine or start taking your medicine, and if you have had an attack on the last six months, you are at more risk of having another one, so it is worth concentrating harder on making sure you have your medicines under control. many stories I wanted to talk about.