

Bronchitis and COPD

The analysis of the diet of patients with diagnosed chronic obstructive pulmonary disease as well as its influence on nutrition condition.

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Material: The study included 52 patients with diagnosed chronic obstructive pulmonary disease at the age of 55 to 83 (age average 67) and 26 people from the control group at the age of 43 and 90 (age average 71).

Methods: All the study subjects underwent spirometric, gasometric and anthropometric examinations (body mass and height) and body composition examination by means of electrical bioimpedance. A questionnaire concerning consumption frequency of particular foodstuffs as well as a three-day consumption diary were collected. The ill with COPD were divided into 3 groups depending on Body Mass Index (BMI) - group I BMI <21, group II BMI 21-25, group III > 25.

Results: Daily calorie intake was highest in group II and the lowest in group III. The consumption of protein in the group ill with COPD and the control group was beyond the norm. In the group of ill with COPD the average consumption was 22,12%, however, in the control group 21,58%. There were noticed significant statistical differences between protein consumption in the control group and the group of the ill with BMI between 21-25 (group II, p<0,05).

Conclusions: In the group of ill with COPD and the control group there was observed a high protein supply in a diet. Obesity and overweight in group III result probably from a decreased physical activity and lower calorie intake. A lowered body mass in group I results probably from an increased physical activity and/or a higher disease level.