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### Impact of Air pollution and Nutrition on Airway Diseases

There is changing disease pattern in India as per our National health profile 2018. The communicable diseases are decreasing from 61-33% and non-communicable disease are increasing from 30-55% between 1990 to 2016. Allergic airway diseases like Allergic Rhinitis and Asthma are the major early onset non communicable Chronic inflammatory diseases both in developed and developing countries. In India Allergic Airway diseases are the major cause of morbidity and an important psycho socio economic health burden. The economic burden to manage asthma is Rupees 140 Billion per year, and for the medication for allergic rhinitis is Rupees 1 Billion per year. Diet play a multifaceted role in shaping the observed worldwide trends of allergies. Sensitivity can occur by ingestion, inhalation of fumes while cooking and by skin contact. Nearly 10-12% of asthmatic children experience food allergies which can be both atopic and non-atopic. The common foods causing allergic airway diseases are milk, eggs, fish, peanuts, soy, yeast, cheese, wheat, rice and chocolates. Our questionnaire survey on 20,000 hospital patients shows 19.75% of their children's asthma is triggered by food. High intake of dietary antioxidants during pregnancy influence the postnatal susceptibility of atopic diseases in children by the Th1 cell response, the higher intake of meat, and during

pregnancy increases the risk of asthma, allergic rhinitis and atopic dermatitis in children. Maternal obesity and weight gain in pregnancy increases the childhood asthma. C-section babies have higher increase of asthma due to deprivation of protective germs from the mother's birth canal. Separation of newborns from mothers soon after birth will increase the allergic rhinitis and their gut flora will be coliform and staph aureus instead of non-allergic children of rooming in children with mother who have lactobilites and bifido bacteria.

### Speaker Biography

H Paramesh is Pediatric Pulmonologist and Chairman Lakeside Hospital and Education Trust, Bangalore. He was a national founder chairman of IAP Environment Child Health Group. He has been a member international consensus on (ICON) childhood. Currently he serves as a national president pediatric association of India. His work on smoking and impact on child health was responsible in bringing about the antismoking legislation in Karnataka State. His work was instrumental in the Supreme Court of India to tackling air pollution in major cities. His work on traffic and non-traffic police was discussed in the Parliament for remedial measures. Many chapters in 32 Textbooks and 10 Training modules. He has an exemplary service with environmental health in social pediatrics from Indan Academic of Pediatrics IAP. He serves as a member committee on compendium of studies on Air Pollution and Health (IISc) Government of India

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