
CLIPPINGS

 **A New Marker to Identify Steroid Resistant Asthma** (*J Allergy Clin Immunol* 2010; 125: AB125)

Inhaled corticosteroids are considered the standard of care for long-term control of asthma symptoms. This study suggested that asthma patients, unlikely to gain control of symptoms with inhaled corticosteroids, might be identified by estimation of Uteroglobin (produced by Clara cells in the lung) level in the blood. The mean levels of Uteroglobin protein in the bronchoalveolar lavage fluid were roughly twice as high on average in the resistant patients. Also, mean Uteroglobin levels in plasma were about 50% higher in the resistant patients. Thus, Uteroglobin could be a useful biomarker in guiding treatment selection of asthma patients.

COMMENT We must remember that most cases of so-called “steroid resistance” seen in routine practice have causes like lack of treatment compliance or inadequate dosing; they are not truly steroid resistant.

 **Effect of Conjugated Linoleic Acid on Body Fat Accretion in Overweight or Obese Children** (*Am J Clin Nutr* doi:10.3945/ajcn.2009.28404)

Conjugated Linoleic Acid (CLA) is a supplemental dietary fatty acid that decreases fat mass accretion in young animals. The aim of this study, done in USA, was to determine CLA’s efficacy with regard to change in fat and body mass index (BMI) in children. This was a randomized, double-blind, placebo-controlled trial of CLA in 62 pre-pubertal children aged 6–10 y who were overweight or obese but otherwise healthy. The subjects were randomly assigned to receive 3 g/d of 80% CLA (50:50 *cis*-9,*trans*-11 and *trans*-10,*cis*-12 isomers) or placebo in chocolate milk. The study concluded that CLA supplementation decreased body fatness in 6–10 year old children who were overweight or obese but did not improve plasma lipids or glucose, and decreased HDL more than in the placebo group. Long-term investigation of the safety and efficacy of CLA supplementation in children is required.

Amit P Shah
drnehamit@gmail.com