

Breathing Exercises on Lung Function

NCT06472167

Status	RECRUITING
Phase	Not Applicable
Sponsor	Mansoura University Hospital
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (7)

- The patients fulfilled the criteria for COPD: the presence of a post bronchodilator FEV1 \leq 80% predicated together with an FEV1/FVC \leq 0.70 confirm the presence of airflow limitation that is not fully reversible.
 - COPD patients ranging from mild to severe according to GOLD [stages I-IV].
 - Asthmatic patients receive medical treatment for at least 6 months; and clinically stable (i.e., no exacerbation or changes in medication for \geq 30 days).
 - None of the individuals had been engaged in any exercise-training program before participating in the study.
 - Optimized medical therapy according to GOLD & Global Initiative for Asthma (GINA)
- ... and 2 more (see full listing online)

Exclusion (7)

- Age \leq 18 years.
 - Pregnancy
 - Current Smokers
 - Patients that are incapable of exercising; unable to understand any questionnaire
 - Multiple co- morbidity (e.g., cardiovascular diseases, active cancer)
- ... and 2 more (see full listing online)

Locations (1 total)

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