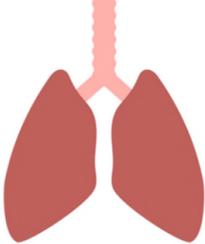


## The Role of the Body Clock in Asthma and COPD: Implication for Treatment

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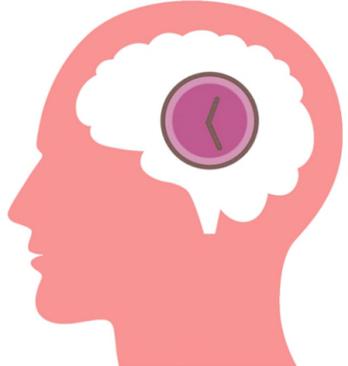
**INDICATION**



Asthma and COPD

**BACKGROUND**

Over the past 15 years, our understanding of the body clock and **biological rhythms** has increased immeasurably. Several **inflammatory diseases**, such as asthma, display a marked time of day pattern in symptoms.



**THERAPY**



Various

**AIM**



This review aimed to discuss recent advances in the understanding of **circadian biology** and how this relates to the treatment and management of **asthma** and **COPD**.

### Article Summary

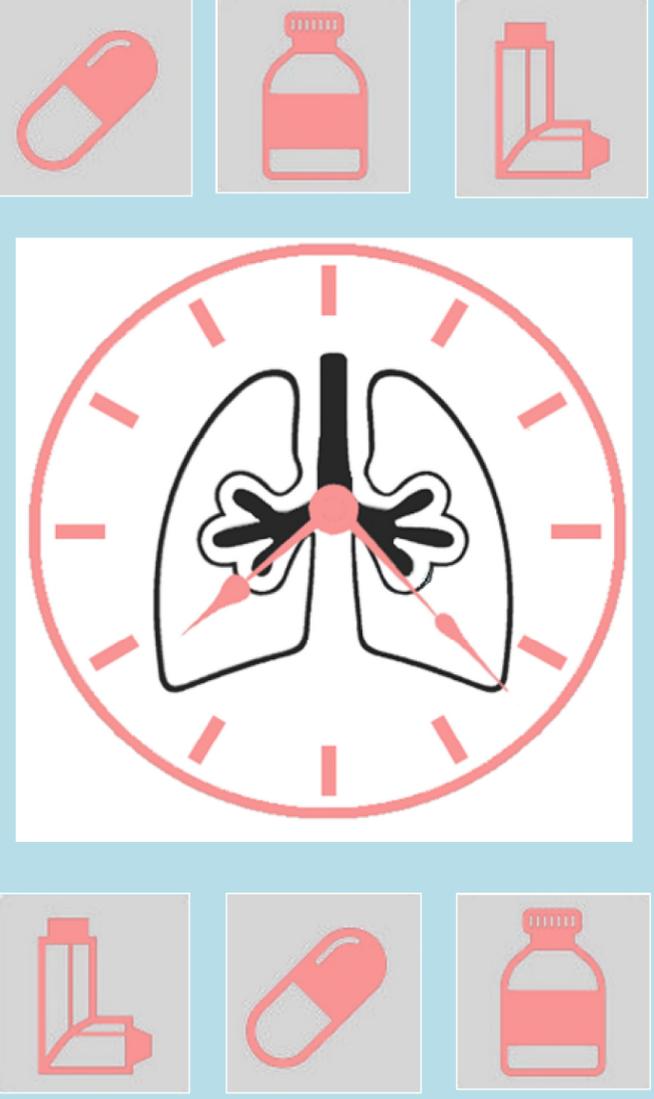
**'Chronotherapy'** is the timing of drug administration to the biological rhythm of disease and is important in both **asthma** and **COPD**.

**Asthma** displays strong **circadian variation** in symptoms, airway physiology and airway inflammation.

To a lesser extent, **COPD** also shows **rhythmic variation** in symptoms and airway physiology.

Future, large, randomised controlled **clinical trials** are needed to confirm the results of smaller studies that the best time of day to take **systemic or inhaled corticosteroids** is actually in the afternoon and not the morning.

The circadian molecular clock is important in the **pathogenesis** of both Asthma and COPD.



**Abbreviations:**  
COPD = Chronic Obstructive Pulmonary Disease