Multiple regression of the 6 month on baseline (at recruitment) variables of 201/min more in the active group. Diary chart data (PEF and symptom scores for one week). Mean PEF was higher and less variable in the active group increased their use of inhaled topical steroids in 31/61 (51%) vs 70 respectively, OR 0.96 Cl 0.7-1.4 during the 6 months. The active group had significantly fewer hospital visits (NS) than the controls. Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9). Active patients had significantly fewer days off work (mean 2.57) (OR 2.88 Cl 1.1-7.9)