

About asthma



Asthma is a chronic disease that inflames and narrows airways in the lungs, causing **wheezing, chest tightness** and **coughing**¹



Asthma affects people of all ages, but most frequently begins in **childhood**⁴



Key risk factors include **smoke**, and **allergens** such as **dust mites** and **pets**¹



242 million people are estimated to have asthma worldwide² - it causes around **250,000** deaths annually³

Two common tests are used to help diagnose asthma:^{1, 4}

- 1) **Spirometry** measures the speed and volume at which air can move in and out of the lungs.
- 2) A **peak expiratory flow rate test** measures how fast a person can blow air out of their lungs in one breath



The impact of asthma attacks

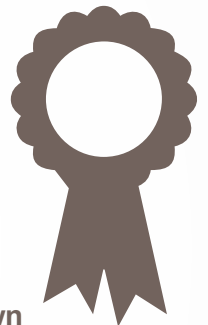
An asthma attack, or exacerbation, is a sudden worsening of symptoms, and can be **unpredictable**

“My worst attack – lying on the floor, hoping you can push out another breath. And it’s only hope. Because there is nothing inside you.”



Not all asthma is the same and severe asthma can have a number of underlying causes⁵

Asthma cannot be cured but it can be managed. The goal of asthma management is to **minimise symptoms**. For patients with persistent symptoms and/or exacerbations (despite being treated with low dose of inhaled corticosteroids), HCPs will **step up** their treatment. HCPs will **step down** patients’ treatment once good asthma control has been achieved and maintained for about three months, finding the lowest dose of treatment that controls both symptoms and exacerbations¹



CONTROL



Despite the availability of treatments, **more than half** of asthma patients have **poor control** over their condition⁶

Proper use of asthma inhalers can be as low as **29%** and can lead to **lack of asthma control**⁸

People with poorly controlled asthma take **twice as many days off work**⁷ than people with well-controlled asthma

References 1. Global Initiative for Asthma. Global Strategy for Asthma Management and Prevention. 2015. [Last accessed: November 2015] 2. Global Burden of Disease Study. 2013 Collaborators. Global, regional, and national incidence, prevalence, and years lived with disability for 301 acute and chronic diseases and injuries in 188 countries, 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013. *The Lancet*. 2015; 386(9995): 743–800 3. World Health Organization. Global surveillance, prevention and control of chronic respiratory diseases: a comprehensive approach, 2007. 4. National Heart, Lung, and Blood Institute. What is Asthma? [online] 2012. Available from: <http://www.nhlbi.nih.gov/health/health-topics/topics/asthma/> [Last accessed: November 2015] 5. Walford HH, Doherty TA. Diagnosis and management of eosinophilic asthma: a US perspective. *J Asthma Allergy*. 2014;7:53–65 6. Demoly, P et al. Repeated cross-sectional survey of patient-reported asthma control in Europe in the past 5 years. *Eur Respir Rev*. 2012;21(123):66–24 7. Dean, BB et al. The impact of uncontrolled asthma on absenteeism and health-related quality of life. *J Asthma*. 2009;46(9):861–866 8. Giraud, V. and Roche, N. Misuse of corticosteroid metered-dose inhaler is associated with decreased asthma stability. *Eur Respir J*. 2002; 19:246–251.