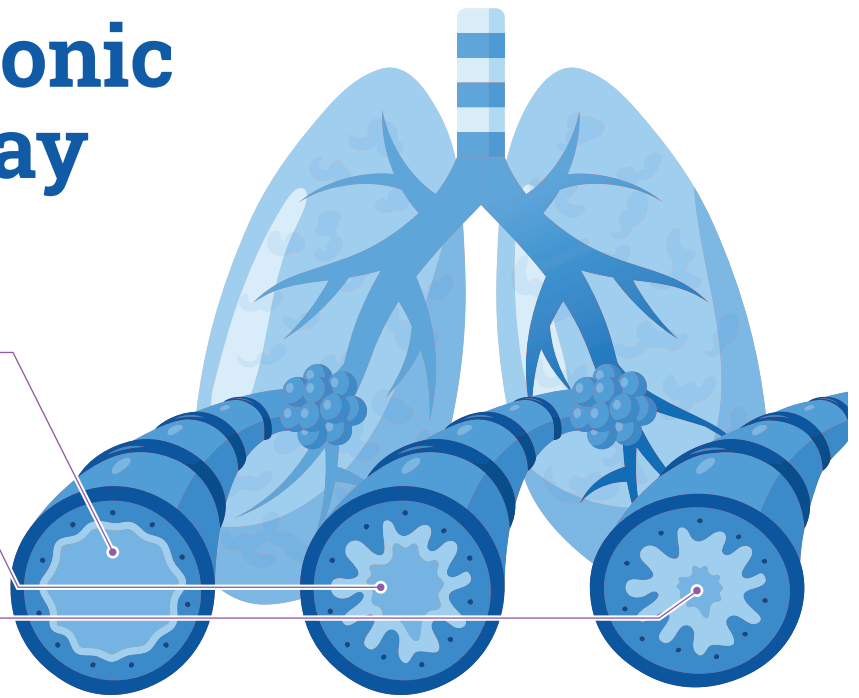


# Asthma Is a Chronic Disease of Airway Inflammation<sup>1-3</sup>



## Normal airway

In patients with asthma, airways may become overly reactive to irritants, leading to inflammation that can make it hard to breathe<sup>3</sup>

During an asthma attack or “exacerbation,” certain irritants can cause increased inflammation, tightening of the airways, and mucus production that further narrow the airways<sup>2,3</sup>

## Severe and Uncontrolled Asthma



**Severe asthma** is asthma that requires medium- to high-dose inhaled corticosteroids plus another asthma controller medication, and may require the addition of oral corticosteroids<sup>4</sup>



**Uncontrolled asthma** occurs when asthma symptoms persist despite following an asthma treatment plan and reducing exposure to triggers<sup>4</sup>

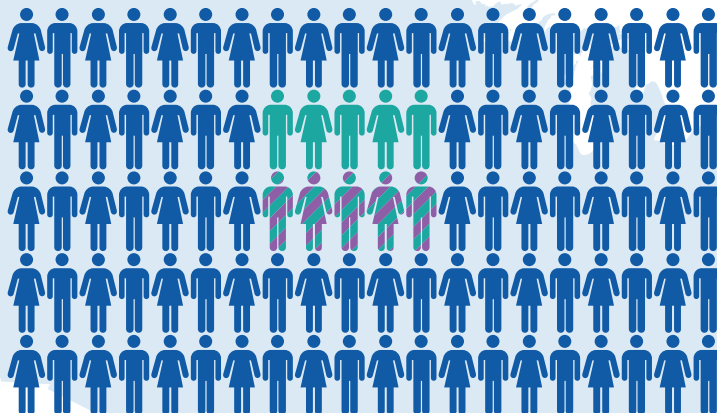


**Indicators** of uncontrolled asthma might include<sup>4</sup>:

- Daytime symptoms more than 2x per week
- Night waking due to asthma
- Use of acute asthma reliever more than 2x per week
- Activity limitation due to asthma

## Up to 2.5 Million People in the US Have Severe Asthma

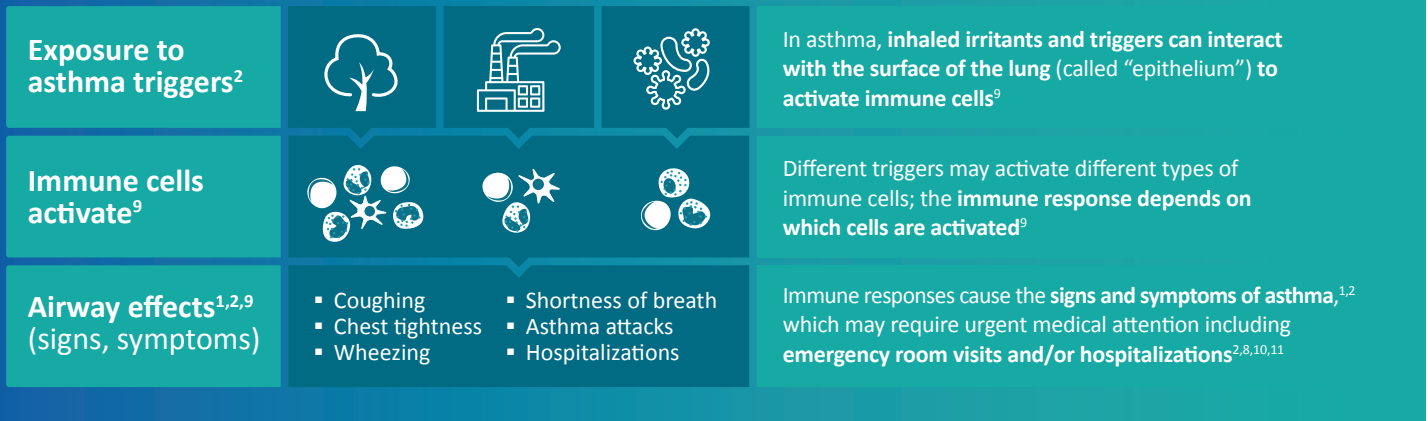
Asthma affects almost **25 million** people in the United States<sup>5,6</sup>



About **5% to 10%** of them have severe asthma<sup>4,7</sup>

Up to **50%** of those with severe asthma are uncontrolled<sup>8</sup>

# Airway Irritants Cause Immune Responses and Exacerbations in People Living With Asthma



## Get to Know Medicines that May Be Part of a Treatment Plan

### Short Acting/Rescue

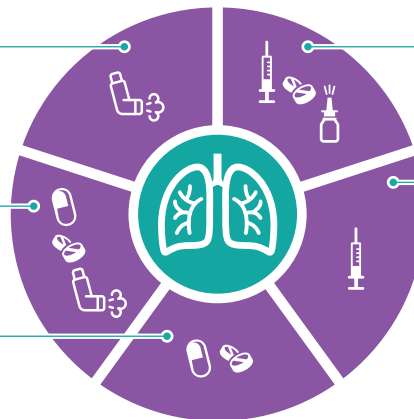
For increased symptoms including shortness of breath or wheezing<sup>2,4</sup>

### Long-Acting Controllers

For daily asthma control; includes inhaled steroids and/or oral anti-leukotriene drugs<sup>2,4</sup>

### Oral Steroids

For additional asthma control when needed<sup>2,4</sup>



### Allergy Medicines

To help control allergies that may be contributing to asthma<sup>2,4</sup>

### Biologic Medicines

Targeted therapies for moderate-to-severe uncontrolled asthma<sup>2,4</sup>

All treatment plans are unique, and can vary from person to person. All components of this diagram might not be included in your patient-specific medication treatment plan.

### Medications



Lifestyle Changes

Asthma Journal

## Communicate With Your Healthcare Provider; Seek Immediate Care When Necessary

Develop a written asthma action plan with your healthcare provider. Understand the specific actions to take

- When doing well
- When asthma is getting worse
- During an exacerbation

Seek care immediately during an asthma exacerbation

### For additional resources, please visit:

- American Lung Association at [www.lung.org](http://www.lung.org)
- Asthma and Allergy Network at [www.allergyasthmanetwork.org](http://www.allergyasthmanetwork.org)



Please tell us about your experiences at the LUMA educational event.

**References** 1. National Institute of Environmental Health Sciences. [www.niehs.nih.gov/health/topics/conditions/asthma/index.cfm](http://www.niehs.nih.gov/health/topics/conditions/asthma/index.cfm). Accessed February 3, 2021. 2. National Heart, Lung, and Blood Institute. [www.nhlbi.nih.gov/health-topics/asthma](http://www.nhlbi.nih.gov/health-topics/asthma). Accessed February 3, 2021. 3. American Lung Association. [www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/learn-about-asthma/what-is-asthma](http://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/learn-about-asthma/what-is-asthma). Accessed February 3, 2021. 4. Global Initiative for Asthma (GINA). [ginasthma.org/wp-content/uploads/2020/04/GINA-2020-full-report\\_final\\_wms.pdf](http://ginasthma.org/wp-content/uploads/2020/04/GINA-2020-full-report_final_wms.pdf). 2020. 5. Centers for Disease Control and Prevention. [ftp.cdc.gov/pub/Health\\_Statistics/NCHS/NHIS/SHS/2018\\_SHS\\_Table\\_C-1.pdf](http://ftp.cdc.gov/pub/Health_Statistics/NCHS/NHIS/SHS/2018_SHS_Table_C-1.pdf). 2018. 6. Centers for Disease Control and Prevention. [ftp.cdc.gov/pub/Health\\_Statistics/NCHS/NHIS/SHS/2018\\_SHS\\_Table\\_A-2.pdf](http://ftp.cdc.gov/pub/Health_Statistics/NCHS/NHIS/SHS/2018_SHS_Table_A-2.pdf). 2018. 7. Chung KF, et al. *Eur Respir J*. 2014;43:343-373. 8. Chastek B, et al. *J Manag Care Spec Pharm*. 2016;22:848-861. 9. Gauvreau GM, et al. *Expert Opin Ther Targets*. 2020;24:777-792. 10. Zeiger RS, et al. *J Allergy Clin Immunol Pract*. 2016;4:120-129.e3. 11. Zeiger RS, et al. *J Allergy Clin Immunol Pract*. 2015;3:986-990.e2.