



Learn to Understand and Manage Severe Asthma

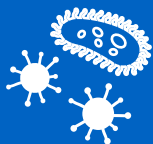
Do You Know What Triggers Your Asthma?



Pollution



Allergens



Bacteria/viruses



Laughing/
crying/stress



Exercise



Weather/
climate

In people with asthma, their immune system might...

- Respond too much to something
- Respond to something it should not
- Have an unusual response



For additional information
please visit: luma-edu.com

Empowering You to Stand Against Severe Asthma

Asthma Disparities Among the Hispanic Population

Hispanics Have Worse Asthma Outcomes Than White Americans

1.5x more likely to visit **ER** (older adults aged ≥ 65 years)¹



More likely to have **gaps in health insurance coverage** (older adults aged ≥ 55 years)¹



Puerto Ricans:
A subset of Hispanics



Most affected by asthma among all racial or ethnic groups in the US¹



~ 2x as likely to have **asthma** than White non-Hispanic patients (14.9% vs 7.6%)²



Over **20% of Puerto Rican children** (aged 0–17) **have had asthma** at some point³



What Factors Cause Asthma Disparities?

Education gap:

33% of Hispanics lack a high school diploma vs 8% of Whites⁴



Healthcare gap:

27% of Hispanic patients lack access to a regular healthcare source¹



Pollution gap:

Higher pollution burden among Hispanic communities¹



How Do We Help Reduce Asthma Disparities?

• Increase access to quality education¹



• Reform policies on insurance, healthcare, wages, housing, and environmental issues¹



• Increase representation of Hispanics in clinical trials¹



• Increase participation of Hispanic investigators in clinical trials¹



• Improve HCP education on asthma disparities in Hispanic patients¹



• Empower patients to understand their asthma and how to communicate with their HCP¹



• Strengthen partnership between patient, family, and HCPs¹



Self-Management^{1,5}

- Educate yourself
- Avoid triggers
- Follow healthy lifestyle
- Track symptoms
- Appropriate medication / inhaler use
- Know your asthma action plan
- Contact your HCPs regularly

ER, emergency room; HCPs, healthcare providers; US, United States.

1. Asthma and Allergy Foundation of America. <https://aafa.org/wp-content/uploads/2022/08/asthma-disparities-in-america-burden-on-racial-ethnic-minorities.pdf>. Accessed June 18, 2025.

2. Centers for Disease Control and Prevention. <https://www.cdc.gov/asthma/nhis/2018/table4-1.htm>. Accessed June 23, 2025.

3. Cowan KN, et al. *J Asthma*. 2022;59:427-433.

4. National Center for Education Statistics. https://nces.ed.gov/programs/raceindicators/indicator_rfa.asp. Accessed June 18, 2025.

5. National Heart, Lung, and Blood Institute. www.nhlbi.nih.gov/health/asthma/causes. Accessed June 18, 2025.



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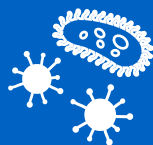
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National Heart, Lung, and Blood Institute. Asthma Causes and Triggers. www.nhlbi.nih.gov/health/asthma/causes. Accessed June 18, 2025.

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