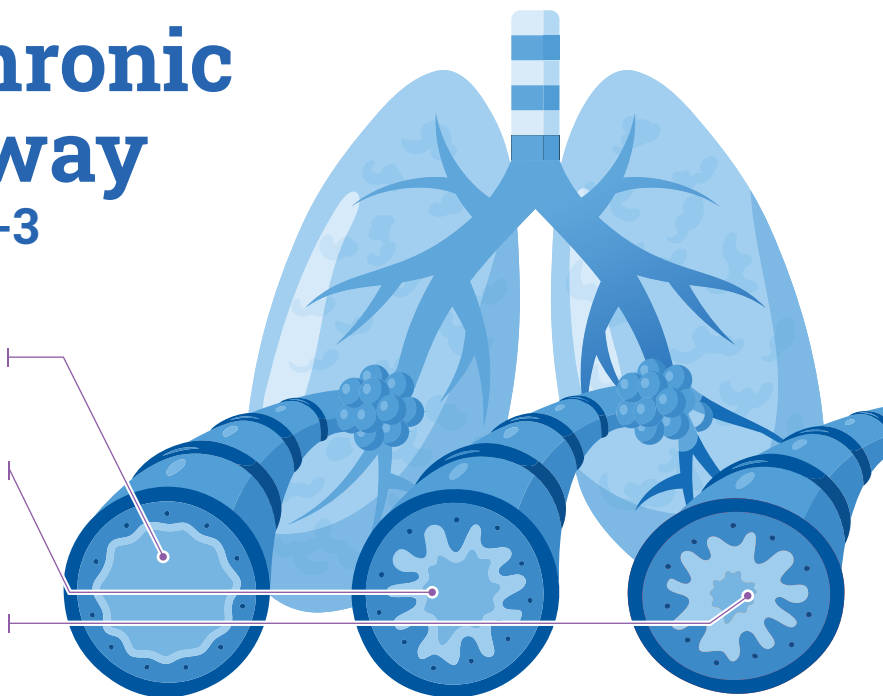


# Asthma Is a Chronic Disease of Airway Inflammation<sup>1-3</sup>

## 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>:

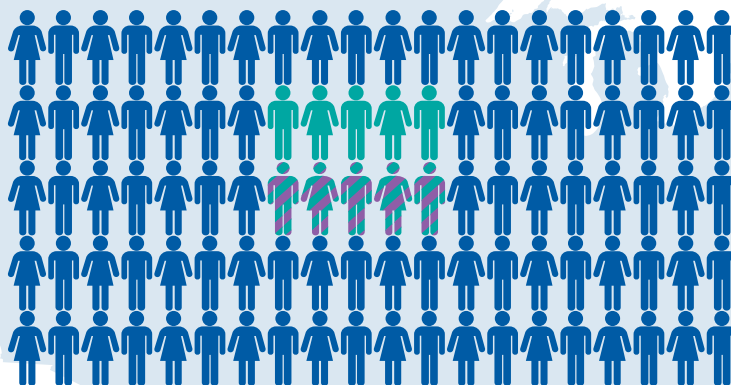
- Daytime symptoms more than 2x per week
- Night waking due to asthma
- Use of acute asthma reliever more than 2x per week
- Activity limitation due to asthma

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

Asthma affects almost

**25**  
million

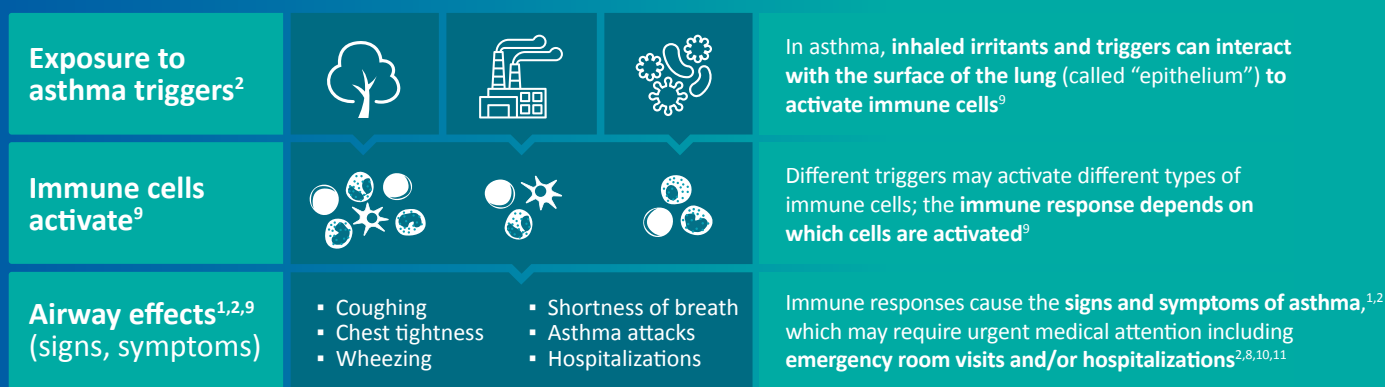
people in the  
United States<sup>5,6</sup>



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

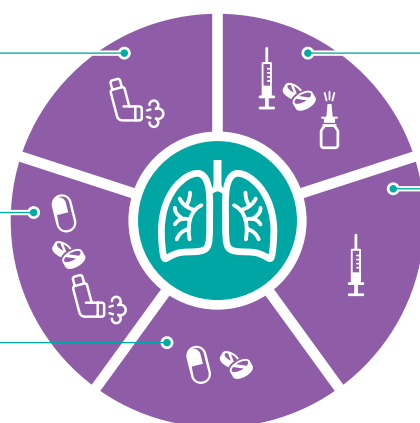
For increased symptoms including shortness of breath or wheezing<sup>2,4</sup>

### 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)



For additional information please visit: [luma-edu.com](http://luma-edu.com)

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