






Do I Have Severe Asthma?

Better understand your asthma, so you have better control of your symptoms.

	Well Controlled	Uncontrolled	Difficult-to-treat	Severe
 Daily asthma symptoms and activity limitations		✓	✓	✓
 Waking up at night due to asthma		✓	✓	✓
 Daily use of quick-relief medicine		✓	✓	✓
 Asthma episodes requiring an oral corticosteroid, emergency room visit or hospital stay		✓	✓	✓
 Use of multiple medium to high-dose long-term controller medicines			✓	✓
 Biomarkers are positive for type 2 or non-type 2 inflammation				✓

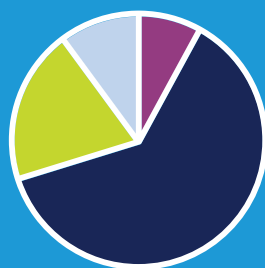
Up to 10% of people with asthma have severe asthma.

People with severe asthma do not respond well to regular asthma treatments such as:

- Long-term Control Medications
- Quick Relief Medications

They also tend to take medications more frequently and in stronger dosages.

*this is the median percentage based on the International ERS/ATS Guidelines on Definition, Evaluation and Treatment of Severe Asthma study



- Severe 10%
- Difficult-to-treat 20%
- Well controlled 8%
- Uncontrolled 62%



Understanding which type of severe asthma you have will help you control your asthma. Here are some questions to ask your doctor:

1. What type of severe asthma do I have?

Your doctor will run blood, breath and lung mucus tests to see if you have:

- a** Allergic asthma **e** Eosinophilic asthma **ne** Non-Eosinophilic asthma

2. I want my asthma to be well controlled...What should I do next?

- Talk to your healthcare provider about treatment options
 - Inhaled ICSs, LABAs, LAMAs*
 - Leukotriene modifiers
 - Oral Corticosteroids
 - Biologics
 - Bronchial Thermoplasty
- Create an Asthma Action Plan
- Ask your healthcare provider to check your inhaler technique at each visit

*ICS are inhaled corticosteroids, LABA are long-acting beta-agonist and LAMA is long-acting muscarinic antagonists.



For resources to help control your severe asthma, visit Lung.org/severe-asthma