Do I Have Severe Asthma?

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

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

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.

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

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:
   - Allergic asthma
   - Eosinophilic asthma
   - 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

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

Development of this educational resource was generously supported by Sanofi Genzyme and Regeneron.