

Step forward with your asthma

Supporting you to understand your disease and treatment options

Steroid tablets and injections can be lifesaving. But they also have side effects. You can talk to your doctor if you are worried.*^{1,4}

This may lead to you being given steroid tablets or injections,^{1,2} such as:

- 1 Prednisone
- 2 Prednisolone
- 3 Methylprednisolone¹

When symptoms are not kept under control, **you may have to go to hospital when you have a bad asthma attack.**²⁻⁴



If your treatment plan isn't quite right, you might find your symptoms get worse and happen often.*^{1,2}

If you have severe asthma, it is important to discuss your treatment plan with your doctor.¹

Understanding flags of severe asthma can make you confident to ask for help.²

There are four questions to help you spot if you may have severe asthma:

- 1 Do you have asthma symptoms/attacks more than twice a week?
- 2 Do you wake up due to asthma symptoms more than twice a month?
- 3 Do you need to take oral corticosteroids (steroid tablets) twice a year or more?
- 4 Do you refill your reliever inhaler more than twice a year?

If you have answered yes to any of these questions, you should speak to your doctor about reviewing your treatment plan with an asthma specialist.⁴

Biologics are a type of treatment which work differently than other asthma treatments. They can be life changing for people with severe asthma.³

Ask for a referral to an asthma specialist. A specialist can work with you to get:

- 1 Appropriate tests
- 2 The right diagnosis
- 3 Targeted treatment^{1,2}

 **HOSPITAL**

For further reading, please search online: • PULSAR checklist for severe asthma • GAAPP Define your Asthma.

This resource was developed by a multi-stakeholder collaboration including patients and representatives from patient organizations including: Asthma Canada, Asthma UK, Allergy UK representing the European Federation of Allergy and Airways Diseases Patients' Associations (EFA), Association Asthme & Allergies (France), Allergy & Asthma Network (USA), Global Allergy and Airways Patient Platform (GAAPP), and also GlaxoSmithKline (GSK). The project was supported by an unrestricted grant from GSK.

1. Global Initiative for Asthma. Global Strategy for Asthma Management and Prevention, 2021. Available at: <http://www.ginasthma.org>. Accessed May 04, 2021; 2. Winders TA, et al. A patient-centered description of severe asthma. Patient. 2019;12(5):539-549; 3. Asthma UK. Living in limbo, 2019. Available at: <https://www.asthma.org.uk/support-us/campaigns/publications/living-in-limbo/>. Accessed Apr 08, 2021; 4. Global Allergy & Airways Patient Platform. Define your asthma, 2019. Available at: <https://gaapp.org/define-your-asthma/>. Accessed Apr 08, 2021.

***You should always talk to your doctor before changing or stopping any medications.**