

Step forward with your asthma

Supporting your journey to feeling better with asthma

The pathway to a proper diagnosis can be long and complicated. 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

If you have severe asthma, your symptoms may get worse and happen often. This might happen even if you use inhaled steroids and take medicines as advised.^{*1,3,4}

Severe asthma is different from mild and moderate asthma.^{1,2}

A referral may help you get appropriate tests, the right diagnosis, and targeted treatments.^{1,3}

A type of treatment called biologics might help control your asthma symptoms. They may give you a better quality of life than steroids.²

Sometimes people with severe asthma get used to living with their condition. They might not always speak up about how they are really feeling.³

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



Severe asthma can lead to asthma attacks. These attacks might mean you have to go to hospital.³ Your doctor may give you steroid tablets or injections to try and control your symptoms,^{1,3} such as:

- 1** Prednisone
- 2** Prednisolone
- 3** Methylprednisolone¹

Everyone's experience of severe asthma is different, but with the right help and the right medicines, you could feel better.⁴

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

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

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