

# What is Severe Asthma?

## SEVERE ASTHMA IS:

### ASTHMA THAT REMAINS UNCONTROLLED...

- Persistent symptoms
- Frequent/serious attacks



### ...DESPITE TREATABLE FACTORS BEING ADDRESSED...

- Adherence
- Inhaler technique
- Self-monitoring
- Triggers
- Comorbidities



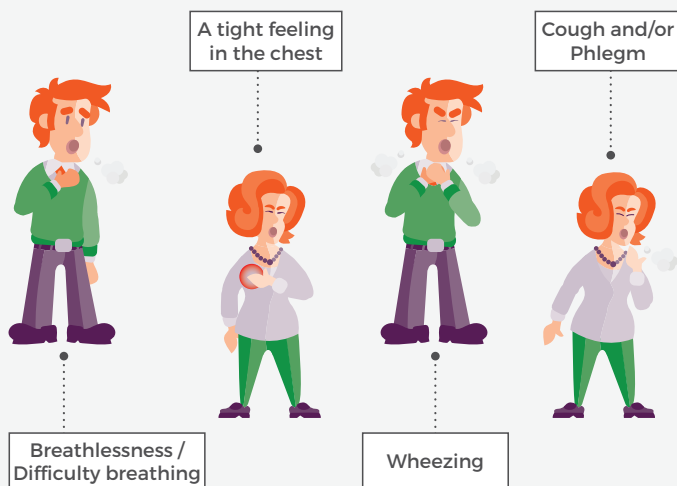
### ...AND MAXIMAL INHALED THERAPY TAKEN REGULARLY

- High-dose inhaled corticosteroids **AND**
- Long-acting beta agonist or a second controller



## WHAT ARE THE SYMPTOMS?

Frequent severe symptoms and asthma attacks, including...



## WHAT TO DO?

Recommend referral for systematic multidimensional assessment and management

## HOW MANY PEOPLE HAVE SEVERE ASTHMA?

Based on international estimates, of people with asthma...

**24%**

of people with asthma receive high intensity treatment

**17%**

have difficult-to-treat asthma  
(high intensity treatment with persistent symptoms)

**3%**  
(up to 10%)

have severe asthma  
(high intensity treatment with persistent symptoms, despite adherence & correct inhaler technique)

## WHAT ARE THE EFFECTS

Severe asthma has a heavy burden on people's lives:

Emotional & psychological burden



Reduced physical activity



Increased co-morbidities



Relationship impacts



Increased costs (medications, healthcare & indirect)



Reduced employment & workplace performance



Hospitalisations



Deaths

