

Rethink 
Your Asthma

002

**KNOWING YOUR
ASTHMA TYPE**

A SERIES OF 5 ISSUES TO HELP YOU
MANAGE YOUR ASTHMA

*“What kind
of asthma
do I have?”*





*“I can watch...
but I can't
experience things
when I'm not well.”*

WHY IT'S IMPORTANT TO KNOW YOUR ASTHMA TYPE.

There is no such thing as “just” asthma; there are many different types of asthma.

It's a fact—not all asthma types are the same. There are multiple causes of asthma, and patients experience symptoms in different degrees.

Knowing the type of asthma can determine what management approach should be taken.

For people with asthma, there's good news. New understanding in asthma science has identified type 2 inflammation as a driver of asthma symptoms in some patients with type 2 asthma.



DID YOU KNOW?

In two studies, it was observed that 50-70% of subjects had type 2 asthma.

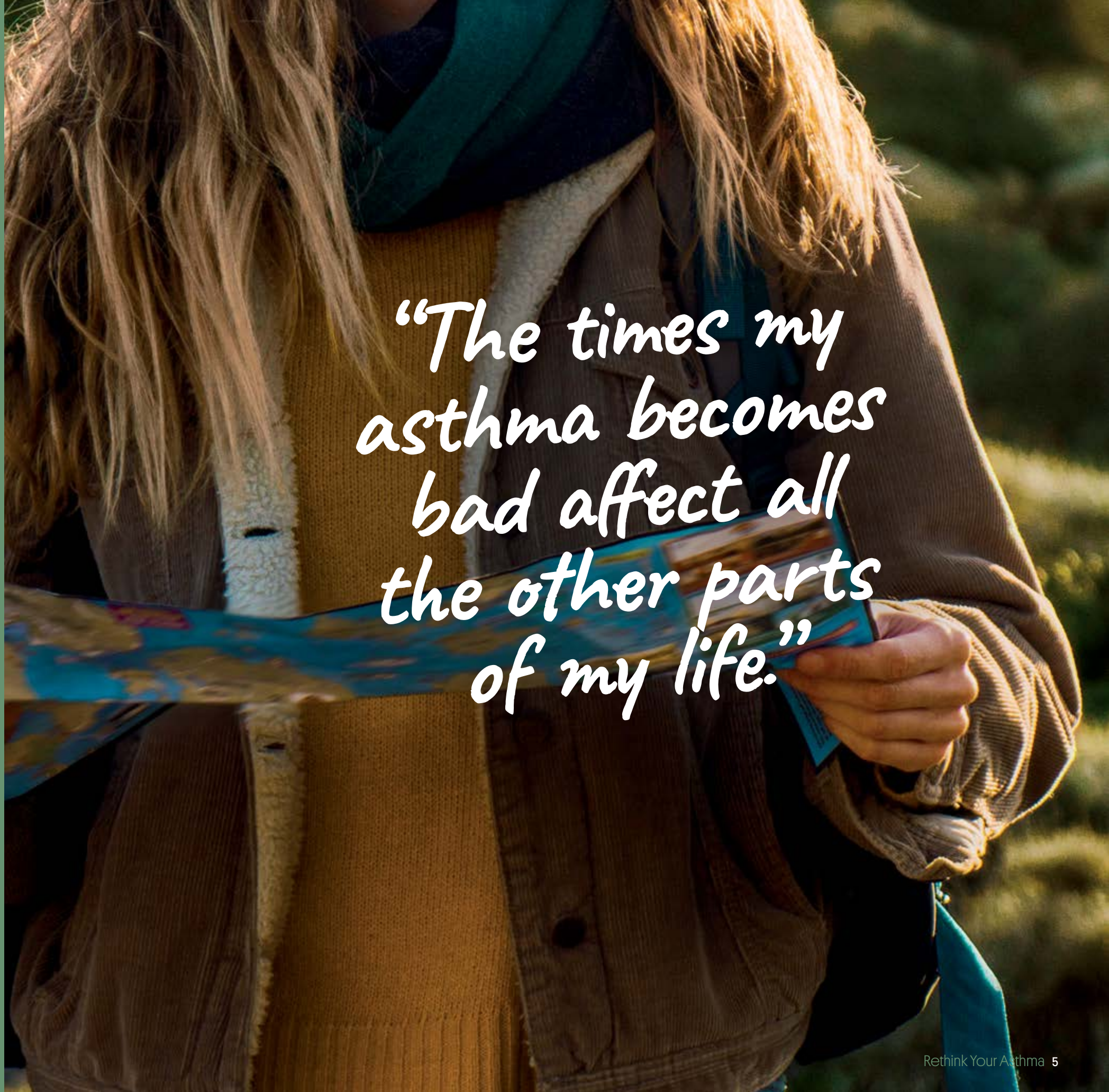
HOW WELL-CONTROLLED IS YOUR ASTHMA?

See if you identify with the following:


Your level of asthma control can be assessed based on how often your symptoms:

- » Occur during the day
- » Wake you in the night
- » Restrict daily activities such as sports, socializing and going outside
- » Cause you to use quick-relief rescue inhalers

Being honest with yourself could be the start of a new kind of conversation between you and your doctor.



“The times my asthma becomes bad affect all the other parts of my life.”



“It finally hit me
how serious my
asthma really is.”

WHAT'S IT LIKE TO LIVE WITH SEVERE ASTHMA?

The Asthma Society of Canada defines severe asthma as:

- » continued asthma symptoms
- » frequent worsening of asthma symptoms, and
- » asthma attacks

among patients who take multiple asthma medicines with a high degree of compliance and good trigger management.

Additionally, severe asthma involves asthma that is difficult to control and manage and requires a different level of care than milder versions.

Living with severe asthma can affect people's lives in so many ways. Do you identify with any of the below? If you do, it's important to talk to your doctor.

- » In a survey, nearly 72% of respondents said that they experienced limitations to their daily activities and exercise due to severe asthma in the four weeks before the study
- » 55% said that severe asthma affected their work or school performance in the past year
- » Only 17% believe their asthma is well controlled

WHAT EXACTLY IS TYPE 2 [T2] ASTHMA?


New understanding in asthma science confirms there are many types of asthma—and it's important to know your type.

T2 asthma is linked to a specific inflammatory response that can take place deep within your lungs, called type 2 inflammation. Two of the T2 asthma subtypes are called “eosinophilic” and “allergic.”

DID YOU KNOW?

Type 2 inflammation is also associated with other allergic inflammatory diseases, such as chronic sinusitis with nasal polyps and eczema.





*“The more I know
about asthma,
the more I can
help myself.”*

GOALS OF ASTHMA CONTROL.

Asking questions about the new understanding of asthma types—including knowing about type 2 asthma—may bring a new perspective to how you live with asthma. And using tools like monitoring your symptoms, keeping a list of personal triggers, and creating an Asthma Management Plan with your doctor are good steps toward achieving your shared goals:

- » Reducing the frequency and severity of asthma attacks.
- » Reducing symptoms to improve your quality of life.
- » Improving breathing [or “lung function”].

DO YOU KNOW YOUR ASTHMA TYPE?

Keeping in touch with your doctor can help you stay up-to-date on the latest research and discuss how your asthma is truly impacting your life.

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