

Patient Handout: Managing Asthma¹

1 Know Your Asthma Triggers and Minimize Contact With Them



Avoiding your triggers is the best way to prevent asthma episodes and reduce your need for medicine. But first, you have to learn what triggers your asthma. Any time you have an asthma episode, think about where you were and what you were doing the past day or so. In a tracking app, diary, or on your calendar, answer questions like these:

- Was I making a bed or vacuuming?
- Was I running, playing, or exercising?
- Was I near an animal? Cigarette smoke?
- Was I upset, excited, or tired?
- Did I have a cold or other infection?

Discuss your notes with your doctor to look for trends. As you identify your triggers, talk about how to best avoid them.

2 Take Your Asthma Medicines as Prescribed



The more you understand about what your asthma medicines do and why they help, the more likely you are to use them correctly. Discuss each of your asthma medicines with your healthcare provider to learn more about their benefits and effects.

3 Track Your Asthma and Recognize Early Signs That It May Be Getting Worse



Asthma episodes almost never occur without warning. Some people feel early symptoms, including neck or throat itchiness, chest tightness, and/or feeling tired. Since the airways to the lungs narrow slowly, you may not feel symptoms until your airways are badly blocked. The key to controlling your asthma is taking your medicine at the earliest possible sign that your asthma is getting worse. A peak flow meter may help detect narrowing in your airways hours or days before you feel symptoms.

4 Know What to Do When Your Asthma Is Getting Worse



Ask your healthcare provider for an asthma action plan and be sure to follow it so you will know what to do in case of an asthma episode. If you have questions at all, ask your doctor. Your asthma action plan will help you know:

- Which medicine to take
- How much to take
- When to take it
- When to call your doctor
- When to seek emergency care

1. Asthma and Allergy Foundation of America. www.aafa.org.

Guide to Selecting Biologic Therapy for Patients With Severe Asthma

Agent/Target	Indication/Current Status	Route/Dosing
Omalizumab¹ <i>IgE</i>	Patients ≥ 6 y with moderate to severe persistent allergic asthma inadequately controlled with ICS	Subcutaneous 75-375 mg every 2-4 wk (dosage based on IgE level and body weight)
Mepolizumab² <i>IL-5</i>	Add-on maintenance treatment of patients ≥ 6 y with severe asthma and an eosinophilic phenotype	Subcutaneous 40 mg every 4 wk for patients 6-12 y, and 100 mg every 4 wk for patients ≥ 12 y
Reslizumab³ <i>IL-5</i>	Add-on maintenance treatment of patients ≥ 18 y with severe asthma and an eosinophilic phenotype	Intravenous infusion 3 mg/kg every 4 wk over 20-50 min
Benralizumab⁴ <i>IL-5Rα</i>	Add-on maintenance treatment of patients ≥ 12 y with severe asthma and an eosinophilic phenotype	Subcutaneous 30 mg every 4 wk for first 3 doses, then every 8 wk
Dupilumab⁵ <i>IL-4Rα</i> (<i>IL-4/IL-13</i>)	Add-on maintenance treatment of patients ≥ 12 y with moderate to severe asthma with an eosinophilic phenotype or with OCS-dependent asthma	Subcutaneous Initial dose of 400 mg followed by 200 mg every 2 wk or initial dose of 600 mg followed by 300 mg every 2 wk
Tezepelumab⁶⁻⁸ <i>TSLP</i>	Phase 3 trials; breakthrough designation for noneosinophilic phenotype	Subcutaneous 210 mg every 4 wk

Approved

Investigational



Approved for at-home administration after training in subcutaneous injection technique

ICS: inhaled corticosteroids; IL: interleukin; IL-#R: interleukin-# receptor; OCS: oral corticosteroids; TSLP: thymic stromal lymphopoietin.

1. Xolair (omalizumab) Prescribing Information. https://www.gene.com/download/pdf/xolair_prescribing.pdf. 2. Nucala (mepolizumab) Prescribing Information. http://www.accessdata.fda.gov/drugsatfda_docs/label/2015/125526Orig1s000Lb1.pdf. 3. Cinqair (reslizumab) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2016/761033l1.pdf. 4. Fasenra (benralizumab) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2017/761055l1.pdf. 5. Dupixent (dupilumab) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2017/761055l1.pdf. 6. <https://www.prnewswire.com/news-releases/tezepelumab-granted-breakthrough-therapy-designation-by-us-fda-for-the-treatment-of-patients-with-severe-asthma-without-an-eosinophilic-phenotype-300708680.html>. 7. <https://clinicaltrials.gov/ct2/show/NCT03347279>. 8. <https://clinicaltrials.gov/ct2/show/NCT03406078>.

Access the activity, "Finding the Path to Improved Outcomes in Uncontrolled Persistent Asthma: Applying the Latest Clinical Evidence for Treatment Success," at [PeerView.com/RXX40](https://www.peerview.com/RXX40)