

Rethink Your Asthma

002

KNOWING YOUR
ASTHMA TYPE

A SERIES OF 5 ISSUES TO HELP YOU
MANAGE YOUR SEVERE ASTHMA

“What kind
of asthma
do I have?”



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



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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.

For those with severe asthma, there's good news. Recent scientific advances in asthma research have identified Type 2 inflammation as a cause of persistent, severe asthma in some patients. This may require a different management approach.



DID YOU KNOW?

Type 2 inflammation occurs in about 50%-70% of adults living with asthma.



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HOW WELL-CONTROLLED IS YOUR ASTHMA?

See if you identify with the following:

- » You have asthma symptoms more than twice a week.
- » You have asthma symptoms that wake you up at night.
- » You use rescue [reliever] medications more than twice a week.
- » Your asthma symptoms are restricting your daily activity.

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

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



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WHAT'S IT LIKE TO LIVE WITH SEVERE ASTHMA?

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

Living with some severe asthma types 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.

- » **97%** of people who live with severe uncontrolled asthma report that their symptoms limit their everyday tasks.
- » **83%** confirm that severe uncontrolled asthma affects their personal relationships.
- » **More than 30%** of people who live with severe uncontrolled asthma say they've experienced depression because their symptoms are not well-controlled.



DID YOU KNOW?

50% of people with asthma reporting severe persistent symptoms also considered their asthma to be completely controlled.

WHAT EXACTLY IS TYPE 2 ASTHMA?

Many types of asthma are associated with inflammation in your lungs. Type 2 inflammation is a specific type of inflammation found deep within your lungs.

Type 2 inflammation can cause two of the most common asthma types: "eosinophilic" and "allergic." And asthma related to Type 2 inflammation is now known as Type 2 asthma.



DID YOU KNOW?

Type 2 asthma is often associated with other Type 2 inflammatory diseases such as nasal polyps, allergies, sinus infections, and eczema.

GOOD ASTHMA MANAGEMENT BEGINS WITH KNOWING YOUR ASTHMA TYPE.

339 Million

people with asthma worldwide

Up to 167 Million


people live with Type 2 asthma



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

4 KEY GOALS OF SEVERE 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.
- » Reducing the use of oral steroid medicines.
- » Improving breathing [or “lung function”].



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DO YOU KNOW YOUR ASTHMA TYPE?

Keeping in touch with your doctor can help you stay up-to-date about the new understanding of asthma types, including Type 2 asthma.

Download all 5 magazines dedicated to helping you understand your asthma at [TheNextBreath.com/I-Have-Asthma](https://www.thenextbreath.com/I-Have-Asthma)



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STAYING
ON TRACK

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Your Asthma**