

Rethink Your Asthma



IT'S TIME TO *RETHINK* WHAT YOU KNOW ABOUT *ASTHMA.*

Millions live with asthma symptoms as part of everyday life and have accepted it as “normal.” And because you may have experienced this condition for many years, you might think you’ve got your asthma under control. But if your symptoms keep you from doing the things you want to do—and even worse, keep coming back— it may be time to seriously rethink everything you know about asthma.

Because here’s the truth: asthma is always there and can lead to permanent long-term lung damage.

That’s why it’s so important to talk to your doctor and learn more about the new understanding of asthma. Because the fact is, science is moving forward and it’s time to rethink what you know about asthma control.

“Sure it’s hard
taking the stairs
with my asthma.
But that’s
normal, right?”



50%

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

DO YOU KNOW HOW SEVERE YOUR ASTHMA REALLY IS?

If your asthma symptoms—including coughing, wheezing, chest tightness, and shortness of breath—are frequent and keep coming back, even though you take medication as prescribed by your doctor, you may have severe asthma.

Signs to be aware of:

- People with severe asthma can experience symptoms throughout the day on most [or all] days.
- People with severe asthma tend to wake up frequently at night because of their asthma.
- People with severe asthma have difficulty with physical activities on a daily basis.
- People with severe asthma can have poor lung function and may require the use of a rescue inhaler several times a day.
- People with severe asthma tend to have more frequent asthma attacks, which require steroids.

RETHINK
YOUR ASTHMA:
COULD IT BE **TYPE 2 ASTHMA?**



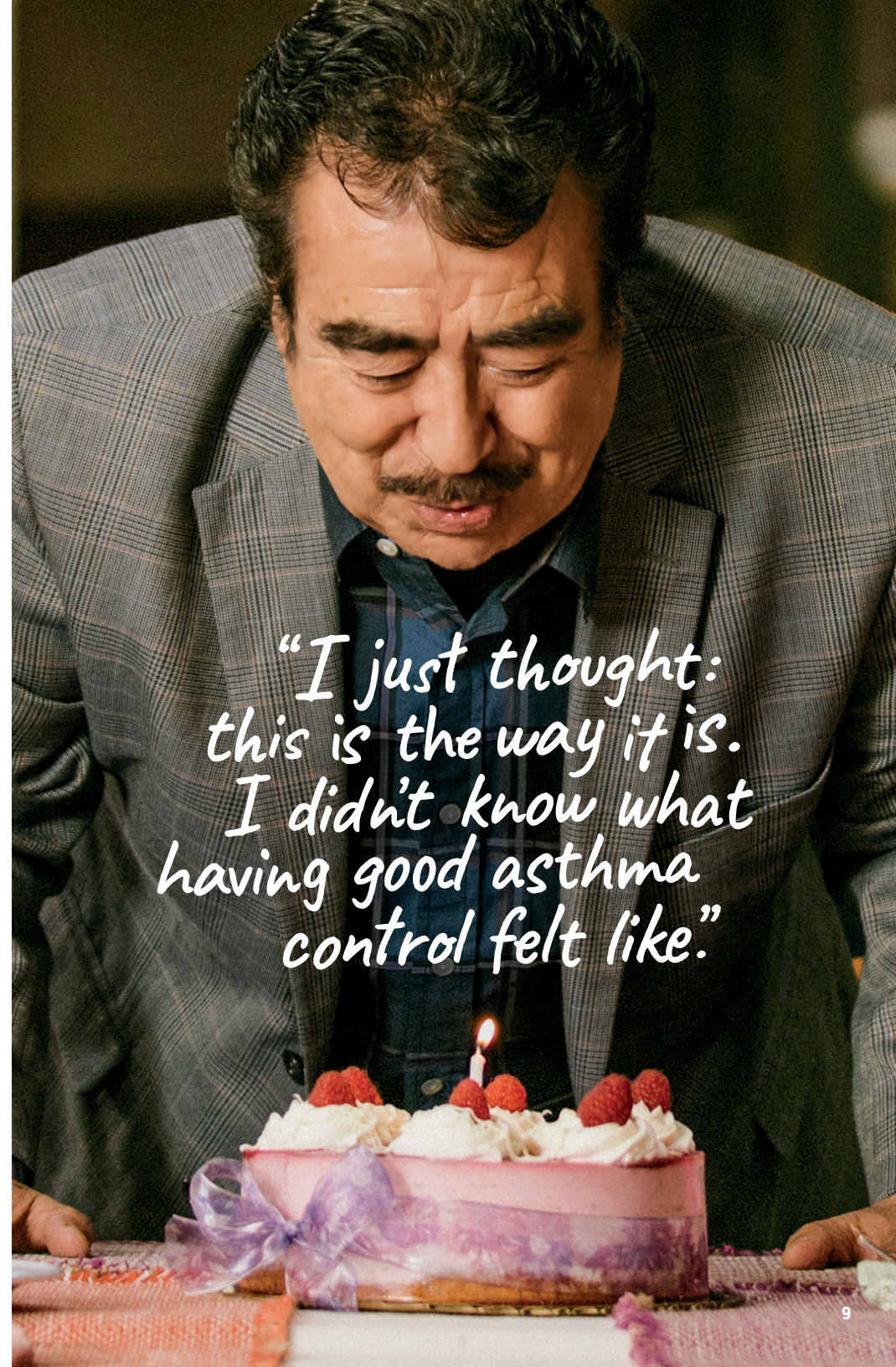
WHAT IS TYPE 2 ASTHMA?

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

A specific kind of inflammation found deep within your lungs called 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.**

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

Knowing your asthma type may bring a new understanding to how you live with your severe asthma. And staying up-to-date with current asthma science may help you and your doctor manage your severe asthma more effectively.



*“I just thought:
this is the way it is.
I didn't know what
having good asthma
control felt like.”*

TALK WITH YOUR DOCTOR.

MAKE A PLAN TODAY.

Being proactive about managing your asthma can lead to better outcomes and improved quality of life. This includes creating an Asthma Management Plan with your doctor, monitoring your symptoms, staying up-to-date about the latest asthma science, and taking all medications as prescribed by your doctor.

It's also important to be honest with your doctor, and here's why: an open conversation may positively influence the management of your asthma and help improve how you feel on a daily basis.

Use the short survey on the following page to get an open conversation started with your doctor.

FIND OUT HOW WELL CONTROLLED YOUR ASTHMA REALLY IS.

Complete this survey and share with your doctor.

- 01 You have asthma symptoms more than twice a week.
 Yes No
- 02 You have asthma symptoms that wake you up at night.
 Yes No
- 03 You use rescue [reliever] medications more than twice a week.
 Yes No
- 04 Your asthma symptoms are restricting your daily activity.
 Yes No
- 05 Do you learn to live with the anxiety or depression that naturally occurs from attacks?
 Yes No
- 06 Which best describes your outlook on asthma management?
 I'm willing to do whatever it takes to feel better.
 I often wonder if there are any other things that could help me.
 I don't know how to feel about what I'm doing to manage my asthma.

Rethink Your Asthma

Learn about the latest asthma science and get the facts about Type 2 asthma at [TheNextBreath.com/i-have-asthma](https://www.thenextbreath.com/i-have-asthma).

SANOI GENZYME  **REGENERON**

©2020 Sanofi and Regeneron Pharmaceuticals, Inc. All Rights Reserved.
MAT-GLB-2003804 12/2020

