ASTHMA

Asthma is one of the most common non-communicable diseases.\(^1\)

Asthma is a chronic, reversible disease that inflames and narrows airways in the lungs, causing wheezing, chest tightness and coughing.\(^2\) Not all asthma is the same and severe asthma can have a number of underlying causes.\(^3\)

### Triggers\(^4\)

- Dust mites
- Pets
- Sulphites in foods and drinks
- Infections, such as colds
- Physical activity, including exercise

### Symptoms

- Recurring attacks of breathlessness and wheezing that vary in severity and frequency from person to person\(^5\)
- Asthma attacks – a sudden worsening of symptoms, can be unpredictable
- During an asthma attack, the lining of the bronchial tubes swell, causing the airways to narrow and reducing the flow of air into and out of the lungs\(^6\)

### Prevalence

- Asthma is a significant health burden of considerable and growing significance with increasing urbanisation\(^7\)
- Estimated 10m adults under the age of 45 affected in Europe\(^9\) and 18.4m adults in the US\(^9\)
- Prevalence continues to increase and it is estimated that by 2025 asthma will affect more than 400m people globally\(^10\)
- Asthma affects people of all ages but most frequently begins in childhood\(^11\)

14% of the world’s children experience asthma symptoms\(^12\)

### Impact

- Patients with uncontrolled asthma are significantly more likely to suffer from poor outcomes and medical emergencies
- Asthma caused 383,000 deaths in 2015\(^13\)

40–50% of patients are not well controlled\(^14\); poor adherence to treatment and device user errors contribute to lack of control\(^15\)

By 2025 the total asthma market is expected to be worth over $17bn\(^16\)

4. www.asthma.org.uk/advice/triggers/ [last accessed March 2018].
15. Decision Resources Pharmacor Asthma (March 2017).