

A Lay Summary of “*Multimorbidity phenotypes and associated characteristics in severe asthma: An observational study of European severe asthma registries*”

People with severe asthma often live with other long-term health conditions at the same time, but we do not always understand how these conditions are linked.

In this European study, we looked at health data from nearly 2,700 people with severe asthma across 11 countries.

We focused on common additional conditions such as nasal problems, eczema, obesity, bone weakness, reflux, and mental health concerns.

We found that these conditions often occur together in clear patterns, which were similar across different parts of Europe.

Some people mainly had nose and sinus problems, while others had conditions linked to long-term steroid treatment, such as weight gain and fragile bones.

A smaller group had many different health problems at the same time and needed more intensive treatments.

These patterns were linked to how well asthma was controlled, how often attacks happened, and which treatments were needed.

Understanding these patterns helps doctors look beyond asthma alone and care for the whole person.

This approach may lead to more personalised and effective care for people living with severe asthma.