

A Lay summary of “Characteristics of severe asthma patients on biologics; a real-life European registry study”.

Asthma is a common disease of the lung. Asthma symptoms happen when your airways tighten and swell, causing breathing problems. Another word for swelling is inflammation and there are different types of inflammation in asthma. Sometimes, the inflammation could make it very hard to breathe. This is an asthma “attack”. Some people have many asthma attacks, even though they follow their doctor’s recommendations and take a lot of medication. This is what we call “severe asthma”.

New research has found better medications for severe asthma. These therapies, called “biologic therapies”, fight the inflammation better than the traditional medications for asthma. This is what we call personalized therapy. The introduction of these biologic therapies has been possible thanks to clinical research studies. These are scientific studies that show the benefit of new medications in a small sample of patients before releasing them on the market. But, most times, these small samples of patients are usually different from patients we see in clinical practice. For this reason, our research study wanted to look at how different these patients are from real-life. To do this, we compared patients’ characteristics of these scientific studies with real-life data of severe asthma patients from several countries and we found out lot of differences. This helped us to understand that a broader population that suffer from severe asthma more similar to real-life could benefit from biologic therapies as it is shown in scientific studies. In fact, scientific studies are important to guide doctors to choose safely new medications such as “biologic therapies” as well as real-life studies are important to show that we can extend the usage of these medications not only for a small sample of patients.

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