

# BE THE BOSS

OF YOUR ASTHMA



JUST DIAGNOSED?  
LEARN MORE ABOUT  
MANAGING YOUR S.E.A.

*Severe Eosinophilic Asthma, also known as S.E.A.*



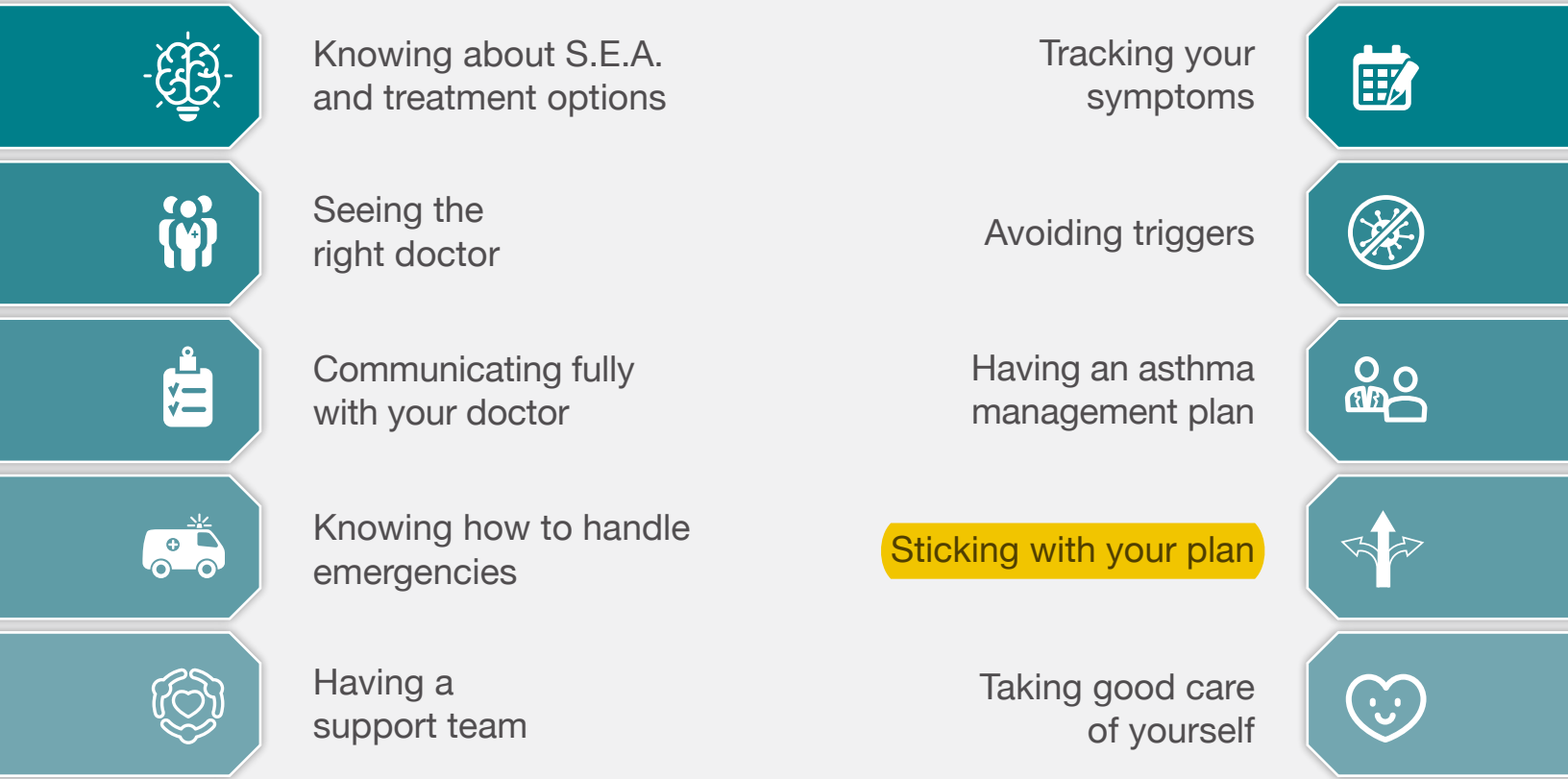
You’ve just learned from your doctor that **your asthma is a challenging type** called Severe Eosinophilic Asthma, or S.E.A. Now what?

FIRST,  
START WITH THE  
RIGHT ATTITUDE.

Isn’t it time to decide who is going to run your life—you, or your asthma? When you decide to **BE THE BOSS**, it means you are committed to doing all you can to keep your asthma in check. This way, you may be able to live on your terms as much as possible.

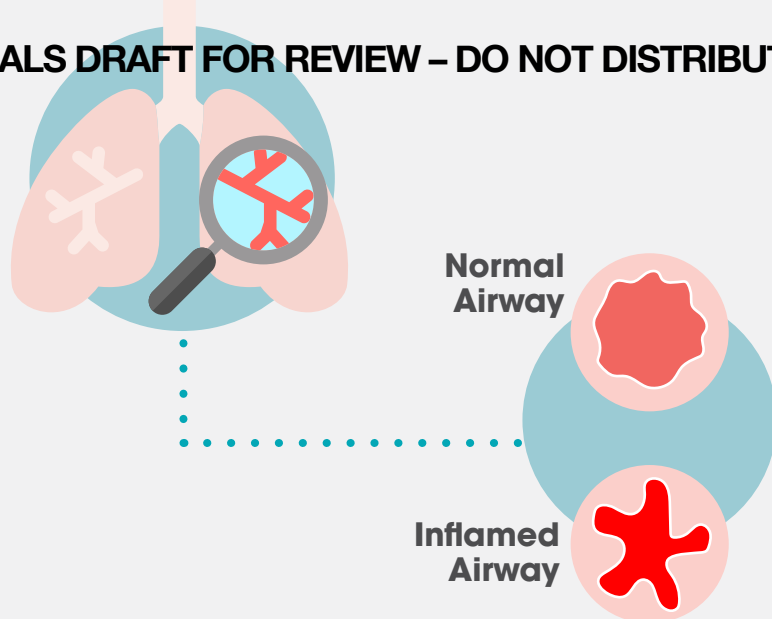
THE KEY TO  
LIVING BETTER  
WITH S.E.A.?  
MANAGE TO  
THE MAX.

BEING THE BOSS  
MEANS TAKING CONTROL OF YOUR  
ASTHMA WITH A MANAGEMENT PLAN.



## A QUICK LOOK AT SEVERE EOSINOPHILIC ASTHMA.

While everyone has disease-fighting white blood cells called eosinophils, people with S.E.A. have much higher levels of them. When levels get too high, eosinophils may become elevated in the lungs. This can cause airways to swell and narrow, leading to serious asthma symptoms and flare-ups.<sup>1</sup>



### Most people who have S.E.A.:

- ✓ Don't respond to the usual treatments to reduce flare ups, such as inhaled or oral steroids.<sup>2</sup>
- ✓ Have frequent, intense asthma symptoms associated with elevated eosinophils, not allergies or other factors.<sup>2</sup>
- ✓ Were diagnosed as adults, between 30–50 years old.<sup>2</sup>
- ✓ Learned they had S.E.A. when the doctor tested their blood for eosinophil levels.<sup>3</sup>



### Find the right treatment for your asthma.

While researchers have much more to discover about S.E.A., treatments are available to better manage symptoms. There are also targeted treatment options that work to reduce eosinophil levels and keep them under control.

Here is a list of some of the most commonly used therapies used to manage uncontrolled asthma.

- ⇒ **Bronchodilators**, or rescue or quick-relief inhalers, are standard for most people with asthma. Oral mist or nebulizer treatments help most people with severe asthma.<sup>2</sup>
- ⇒ **Corticosteroids** are hormones that reduce inflammation. Regular doses of inhaled corticosteroids are used to **treat acute asthma**. Oral corticosteroids taken more than twice a year may be a sign of uncontrolled asthma.<sup>2</sup>
- ⇒ **Leukotriene Antagonists** attack chemicals in the body called leukotrienes which appear after exposure to **allergens**. Like eosinophils, leukotrienes are believed to cause inflammation of upper and lower airways.
- ⇒ **Biologics** are protein-based products which are very targeted and may reduce eosinophil levels to improve asthma control. They are called “biologics” because they are manufactured using microscopic biologic organisms.<sup>2</sup>
- ⇒ **Bronchial Thermoplasty** is a procedure for some **acute** asthma patients in which bronchial smooth muscles are warmed using radio-frequency energy to improve asthma control.
- ⇒ **In the pipeline** other eosinophil lowering biologic medicines are being studied.

To learn more, read the *S.E.A. Infographic* and *Be the Boss of Your Asthma* Fact Sheet.

[www.urltocome.com](http://www.urltocome.com)



# OK, BOSS, LET'S MANAGE YOUR ASTHMA TREATMENT.

Now that you know more about S.E.A., time to think about which doctor can best help you manage your asthma.

## Am I talking with the right doctor?

Since your asthma is hard to control, you may want to speak to a specialist, such as an **allergist** or **pulmonologist**. This is especially important if you have had a life-threatening asthma attack, are currently symptomatic, or are having trouble breathing.

### What to look for in a specialist:

- ✓ Experienced in treating severe uncontrolled asthma
- ✓ Reasonably accessible for periodic visits, including location and availability for appointments. You may need to ask your primary care doctor for a referral
- ✓ Participates with your health insurance plan
- ✓ Easy to communicate with and open to answering your questions completely



# BEGIN WITH THESE BASICS:

## LIKE ALL GREAT MANAGERS, YOU WILL NEED A PLAN.

Your Asthma Control Plan can be your guide to help you manage your asthma on a daily basis, and in the event of emergencies. It may take some time to develop the appropriate plan for you.



### Track Symptoms Daily

Get in the habit of jotting down how you feel each day, especially your asthma symptoms. Note which medications you took and whether you can identify what triggered your symptoms.

Bring this information to each doctor visit. It will help you and your doctor see possible causes of setbacks, as well as progress you are making.<sup>4</sup>

Asthma symptoms may include:



Wheezing<sup>5</sup>



Coughing<sup>5</sup>



Difficulty Breathing<sup>5</sup>



Tightness in Chest<sup>5</sup>



Trouble Sleeping<sup>4</sup>



### Know Your Triggers - Keep a List

Asthma triggers vary from person to person. Track anything you think may be affecting your asthma. Be mindful of triggers, and think ahead to avoid contact whenever possible.

Asthma triggers may include:



Food Allergies/  
Additives<sup>6</sup>



Exercise<sup>7</sup>



Odors/  
Fragrances<sup>7</sup>



Weather<sup>7</sup>



Stress/  
Strong Emotions<sup>7</sup>



Pet Dander<sup>7</sup>



Infections/Colds<sup>7</sup>



Cigarette Smoke  
Exposure<sup>7</sup>



Dust/Pollen<sup>7</sup>



Exposure to Cold Air<sup>7</sup>

# BEGIN WITH THESE BASICS:



## Communicate with Your Doctor

Set up regular appointments with your doctor. Bring your tracker information and any questions you have about your medications. Let your doctor know if there are changes in the severity or frequency of your symptoms.<sup>7</sup>



Prepare for your visit with the  
***Be the Boss of Your Asthma***  
Doctor Visit Checklist.

[www.bethebossasthma.com](http://www.bethebossasthma.com)



## Be Prepared for Emergencies

Even when your S.E.A. is well-controlled, there may be times when you have a flare-up leading to an urgent care or ER visit. Having an asthma emergency plan helps you reduce stress and get the care you need faster.<sup>8</sup>

- ✓ **Locate an emergency room or urgent care center close to home that accepts your health insurance.** Update whenever your insurance changes.<sup>8</sup>
- ✓ **Create a printable card with your doctor that has information about S.E.A., medications you are taking, and your emergency contact information.** Keep one in your wallet and at work.<sup>8</sup>
- ✓ **If a severe attack strikes, first call 911.** to be taken to an emergency room. Bring your asthma action plan, which should include your commonly used medications, a list of triggers and your doctor or allergist's contact information.<sup>8</sup>
- ✓ **Bring all your asthma medications with you to the hospital if possible.**<sup>8</sup>



## Be Prepared When You Travel

Taking a trip? Here are some tips to help you get ready:

- Create a packing list so you won't forget asthma medications and supplies, like your allergy-free pillow.<sup>8</sup>
- Talk with your doctor about what to do should you have an asthma flare-up while traveling.<sup>8</sup>
- Make sure that the people you are travelling with are familiar with your S.E.A. and your treatments.<sup>8</sup>
- Be prepared for emergencies by locating an urgent care center or hospital near your travel destination.<sup>8</sup>





# BEGIN WITH THESE BASICS:



## Navigate the Cost of Asthma Management

Learning more about the available resources and how to access them is an important first step toward ensuring you have the most appropriate care for your situation.

Here are a few tips to get started:



- Know your type of health insurance and what is covered in your plan (e.g. office visits, drugs, hospitalizations).
- Look to see if your health insurance plan includes asthma specialists (e.g. allergist or pulmonologist) in network.
- Check under your health plan's "details" to see if it offers an asthma management program.
- Talk to your insurance company about what you will be responsible for to cover the out-of-pocket costs of your treatments. This includes asking about co-pays, deductibles and co-insurance.
- Find out if there is a patient assistance program available to help with the cost of your medication.<sup>9</sup>



## Reduce Your Stress and Anxiety

It's important to minimize situations that cause you stress or anxiety, as these may trigger asthma symptoms.<sup>10</sup>

- ✓ Identify the biggest sources of stress in your life and try to find solutions.
- ✓ Have someone you can talk with about your stress or anxiety.
- ✓ Help ensure a good night's sleep by removing clutter/dust and adjusting your sleeping position to make it easier to breathe.
- ✓ Exercise may help burn off the effects of stress. Talk to your doctor about exercises that may be appropriate for you, such as yoga, walking or light cardio.
- ✓ Use relaxation techniques such as deep breathing, muscle relaxation, meditation and ridding your mind of negativity.



## Create Your Own Support Team

Family and friends can play an important role in helping you stay in control of your asthma.

Find people who can:

- Go with you to your doctor appointments, to take notes and be a "second pair of ears."
- Take you to the emergency room if you have a severe attack. This is also known as exacerbation.
- Help you "de-trigger" your home and workplace.
- Be empathetic and supportive listeners, especially when asthma has you feeling down.





TAKING CONTROL  
BEGINS WITH YOU.

[www.bethebossasthma.com](http://www.bethebossasthma.com)



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