



Problemlerim statelerim

**Personalised information dashboard for patients**

**MONARCH**

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



An asthma attack is a sudden worsening of asthma symptoms caused by the tightening of muscles around your airways (bronchospasm). During the asthma attack, the lining of the airways also becomes swollen or inflamed and thicker mucus -- more than normal -- is produced. All of these factors -- bronchospasm, inflammation, and mucus production -- cause symptoms of an asthma attack such as difficulty breathing, wheezing, coughing, shortness of breath, and difficulty performing normal daily activities.

Asthma affects over 25 million people in the US alone and is responsible for 14.2 million physician visits each year as well as 1.8 million emergency care visits. The associated cost of treating this chronic disease is rising.

Brief about asthma







As initial research I went online to search about asthma which can help to understand pain point.

Below are the search criteria's I have used.

Stage 1

“ How asthma attacks to humans ”

“ Which age groups asthma attacks ”

“ What are the precautions for asthma ”

“ What are the inhalers available in the market ”

“ How asthma patients managing the asthma ”

“ How many click Asthma inhale refill comes ”



# Key findings:

- Among the mild persistent asthma patients, mostly rely on their doctor to monitor their symptoms for them.
- Most of them use an inhaler to help relieve their asthma symptoms.
- They don't have an action plan to help them to relieve their asthma attack.
- It's very important for them to keep their asthma information up to date with their doctor.