

Asthma Remission

What is asthma remission?

A high level of disease control – the absence of signs and symptoms of asthma for ≥ 12 months

Types of asthma remission

Types	Either on or off treatment:
Clinical remission	<ul style="list-style-type: none">No symptomsNo attacksOptimisation of lung function
Complete remission	<ul style="list-style-type: none">Clinical remission plus normalisation of underlying pathology

Prevalence

Spontaneous remission in adult asthma patients

2-52%

Potential treatments to induce remission

Biologics

- Highly effective in eosinophilic asthma



Macrolides

- Treat eosinophilic and non-eosinophilic asthma



Treatable traits approach

- Many underlying treatable traits contribute to the multifaceted aetiology of asthma
 - Identifying and treating all underlying traits may improve asthma outcomes



Early intervention

- People accumulate health and psychological issues over time, including iatrogenic issues.
- Timely targeted intervention might halt asthma progression

