

Abstract Presentations

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Breathing and feeling well through universal access to right care


**OVERRELIANCE IN SABAS IS ASSOCIATED WITH HIGHER
EXACERBATION FREQUENCY**
RESULTS FROM THE DUTCH REALISE STUDY

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Disclosure slide

Conflict of interests	See below
Relevant relationship with companies	-
<ul style="list-style-type: none">• Sponsoring or research money• Fee or other reimbursement• Shareholder• Other relationship, namely ...	This study is funded by General Practitioners Research Institute and AstraZeneca. The REALISE survey was funded by Mundipharma International Limited (Cambridge, UK).

Background

- Asthma control is still inadequate in daily clinical practice [1].
 - Many patients appear to rely more on their SABA rather than their ICS [2,3].
 - Not treating underlying inflammation
-  asthma uncontrolled [2,3].

Aim

- **Describe differences** in indicators of **asthma symptoms and exacerbations** among patients using more or less **SABA** than the guidelines recommended **threshold of <3 times/week**.

Study population

- Dutch respondents from the European REcognise Asthma and Link to Symptoms and Experience (REALISE) survey [1].



Online questionnaire-based survey



Asthma patients



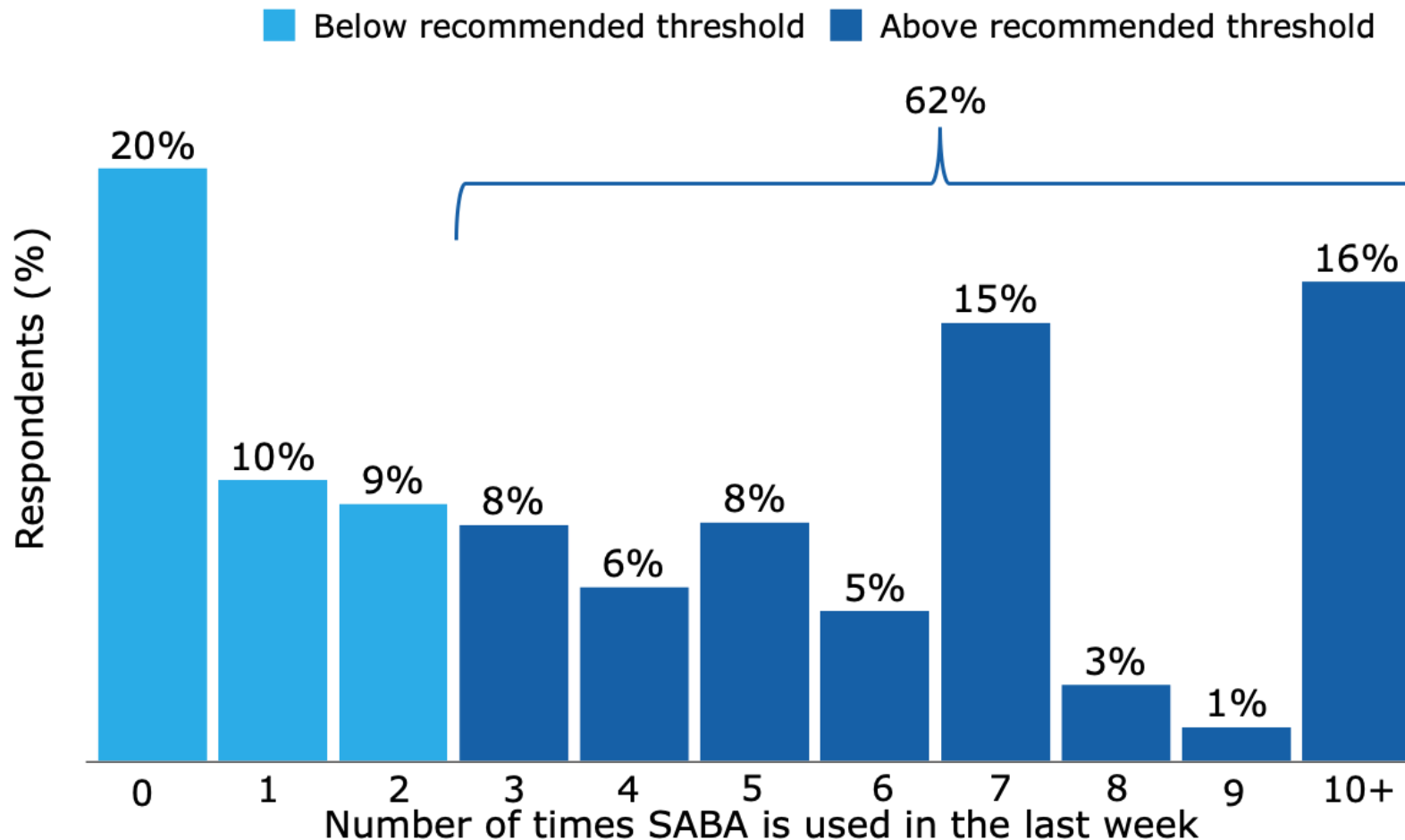
18-50 years



At least 2 prescriptions for asthma in the past 2 years

- 855 Dutch patients completed the survey

SABA use in the last week



**“Thinking about the last week. How many times have you used your reliever inhaler?
(This is usually a blue colour)”**

Characteristics

	Respondents with <3 SABA in the last week	Respondents with ≥3 SABA in the last week
	38.2% (n=312)	61.8% (n=505)
Age, median [IQR]	35 [26-43]	39 [29-45]
Gender (% female (n))	75.0% (n=234)	70.7% (n=357)
Treatment type*		
Reliever (SABA)	75.0% (n=234)	74.3% (n=375)
Preventer (ICS)	41.3% (n=129)	48.5% (n=245)
Combination inhaler (ICS/LABA)	26.0% (n=81)	34.9% (n=176)
*Which of the following treatments do you currently take to help manage your asthma? - multiple answers possible		

Exacerbations

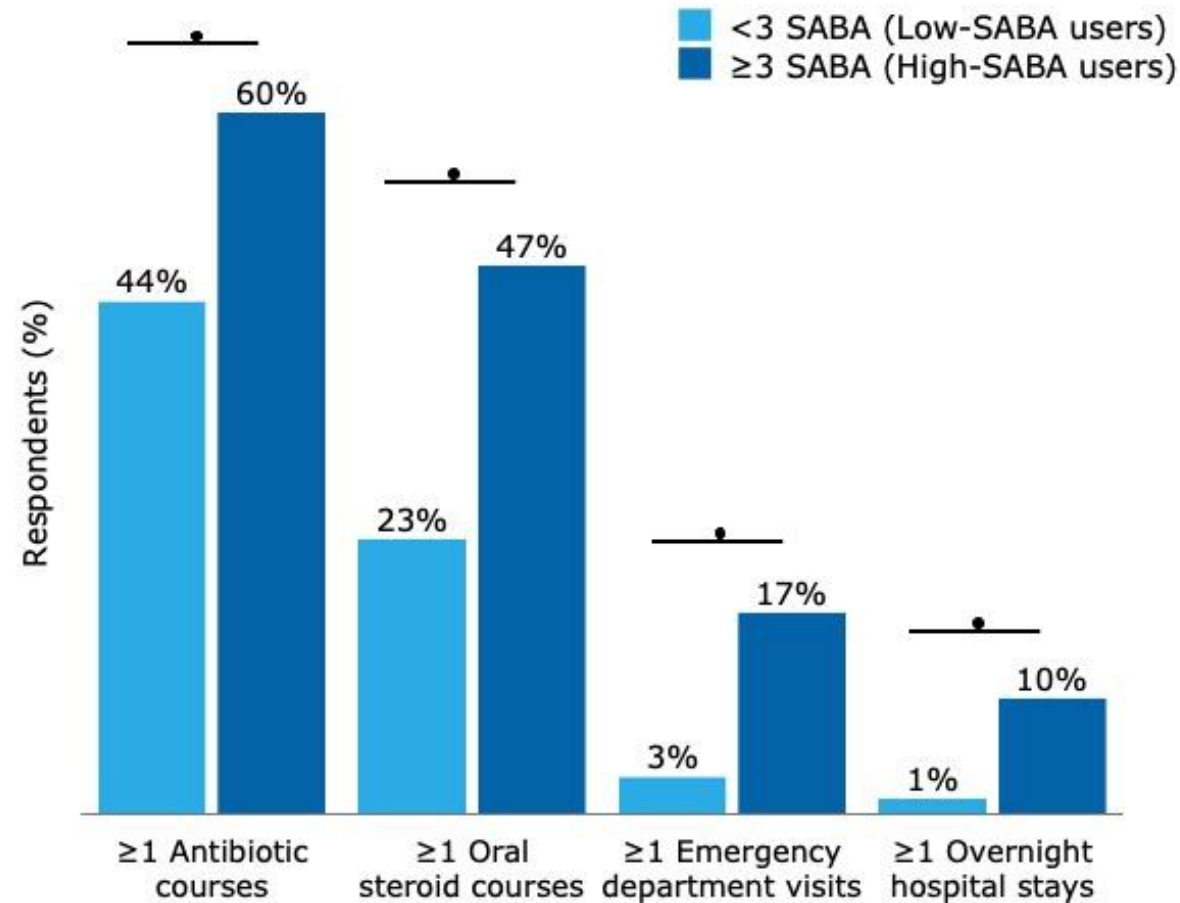


Figure 2: Indicators of exacerbations, according to SABA use (<3 times or ≥3 times/week); <3 SABA (Low-SABA users) n=312 ; ≥ 3 SABA (High-SABA users) n=505
Abbreviations: ●, significant difference p<0.001; p values are two sided
The reported percentages are rounded to whole numbers

Asthma symptoms

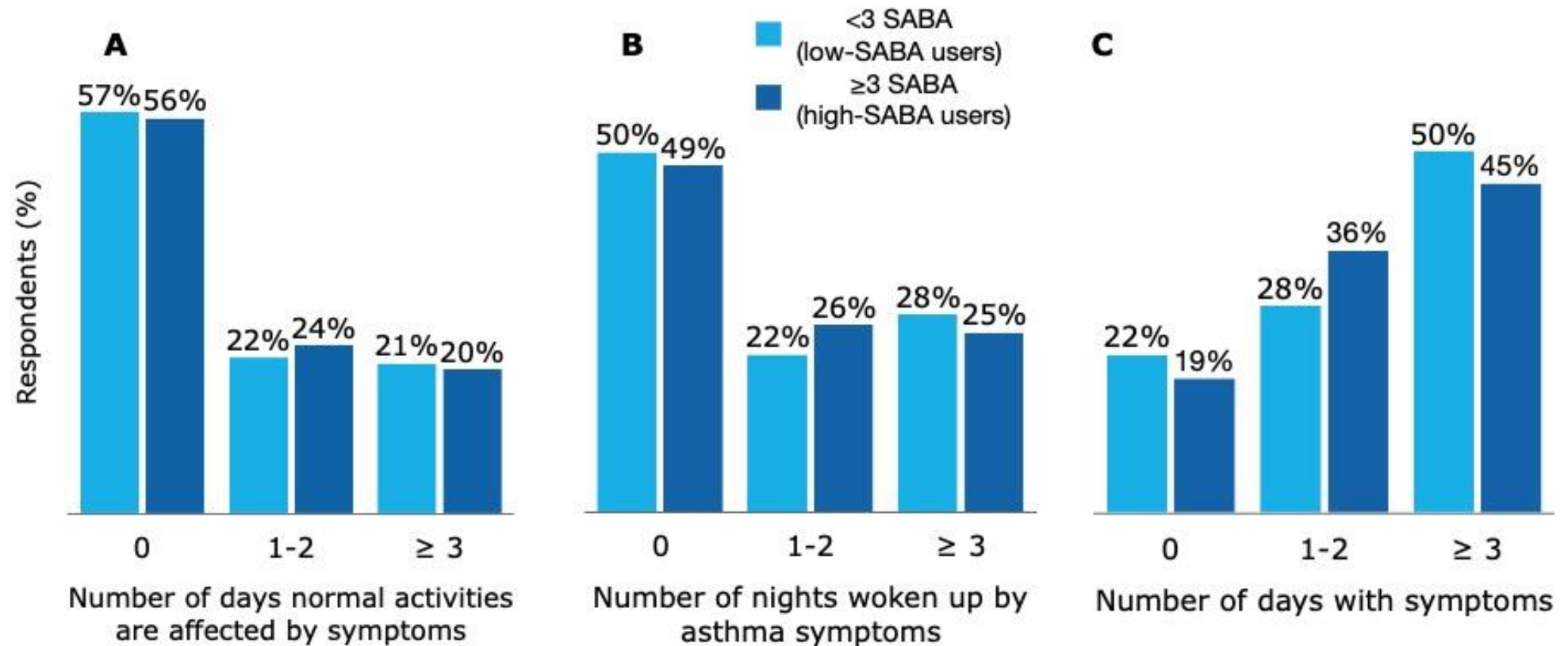


Figure 3: Indicators of asthma symptoms, according to SABA use (<3 or ≥3 times/week); <3 SABA (Low-SABA users) n=312 ; ≥3 SABA(High-SABA users) n=505; p values are two sided, A: p=0.858, B: p=0.377, C: p= 0.081
The reported percentages are rounded to whole numbers

Conclusion

- A majority of the Dutch asthmatic population reported high-SABA use
- High SABA users, experienced more frequent moderate/severe exacerbations
- Results are in line with other studies
 - High SABA use [4]
 - More frequent exacerbations in high SABA users [4,5,6]
- Regression analysis, to adjust for confounders

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Thank you for your attention!

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