

## Clinical Research Results Abstract

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### Overreliance In Sabas Is Associated With Higher Exacerbation Frequency. Results From The Dutch Realise Study.

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**Aim:** Asthma control is still inadequate in daily clinical practice, despite the availability of effective treatment options. Many patients appear to rely more on their Short-Acting Beta2-Agonist (SABA) rather than their anti-inflammatory maintenance treatment. The current study reviews SABA usage in the Netherlands and potential differences in indicators of asthma symptoms and exacerbations among patients using either more or less SABA than the threshold of <3 times/week, as recommended by several guidelines.

**Method:** Data of the Dutch respondents from the European REcognise Asthma and Link to Symptoms and Experience (REALISE) survey was used. This survey included asthma patients aged 18-50 years with at least two prescriptions for their asthma in the past two years. SABA use was categorized into two groups: <3 (low-SABA users) or ≥3 (high-SABA users) times in the last week.

**Results:** Of the 817 respondents, 20% did not use SABA (low-SABA users), 18% used SABA 1 to 2 times (low-SABA users) and 62% used SABA ≥3 times (high-SABA users), in the last week. The majority of both high and low-SABA users indicated to use an ICS containing treatment as well. Significant differences were found for all indicators of exacerbations ( $p < 0.01$ ). High-SABA users more frequently used antibiotics and oral steroids, and more frequently visited the emergency departments or needed an overnight hospital stay. Indicators of asthma symptoms (days with symptoms, daily activities affected by symptoms, nighttime awakening) were not significantly different for low-SABA users vs high-SABA users.

**Conclusion:** A majority of the Dutch asthmatic population reported high-SABA use and had more frequently moderate/severe exacerbations. More effective interventions are needed to change behavior in healthcare providers and patients to reduce the high use of SABA.

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