

# Asthma is invisible

**339 million** people in the world have **asthma**.<sup>1</sup>

Asthma causes a high global burden of **death** and **disability**, with around **1000 people dying each day** from **asthma**.<sup>2</sup>

**Asthma symptoms** vary in severity and over time and may occur spontaneously or due to triggers and may result in asthma attacks.

**The main symptoms are:**<sup>2</sup>



Chest tightness



Wheezing



Shortness of breath



Cough

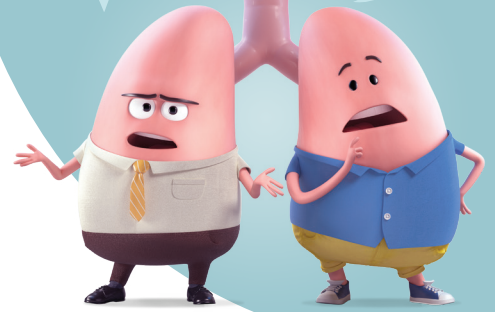
## Recent research has indicated that<sup>3</sup>

- Asthma is not all the same. There are different types and it can be very severe.
- People do not look sick but **asthma** that is **hard to control** can **affect** people's **entire lives** by forcing them to make unwanted changes to daily activities.
- If someone has a more severe type of asthma, they may experience frequent and worsening of asthma symptoms and attacks.
- Severe asthma may be **life-threatening** and debilitating **condition** that can **affect health-related quality of life**.
- This may happen despite taking multiple high-dose inhalers. These attacks often occur more than once per year. They may often **require steroid tablets or use of emergency services or hospitalisation**.

**References:** **1.** GBD 2016 Disease and Injury Incidence and Prevalence Collaborators. Global, regional and national incidence, prevalence, and years lived with disability for 328 diseases and injuries for 195 countries, 1990-2016: a systematic analysis for the Global Burden Disease Study 2016. *Lancet* 2017; 390: 1211-59. **2.** GBD 2016 Causes of Death Collaborators. Global, regional and national age-sex specific mortality for 264 causes of death, 1980-2016: a systematic analysis for the Global Burden Disease Study 2016. *Lancet* 2017; 390: 1151-210. **3.** Global Initiative for Asthma (GINA). Global Strategy for Asthma Management and Prevention. 2020. Available at: <http://www.ginasthma.org/>.

We may have a different type of asthma that's more severe.

If only you could see how hard my lungs are working!



## There is **no cure** for asthma.

- It is important that we listen and provide empathy for those who may have asthma that is hard to control.
- Many people live in fear of their next attack and restrict their activities.
- If someone has asthma that is hard to control, they may be referred to an asthma specialist.
- If you've been diagnosed with asthma, understanding which type of asthma you have can help you feel better informed about how to manage it. Your specialist may conduct tests to help understand your type of asthma.
- Specialist may identify best possible treatments that may help reduce symptoms and improve their quality of life.

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Material for patients

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CC-4136 Feb 2022

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