

# What treatable traits predict future asthma attacks?

September 19 2018

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Children with asthma use inhalers to relieve some of their symptoms, which include coughing, wheezing, chest tightness and shortness of breath. Credit: Tradimus / Wikimedia commons / [CC BY-SA 3.0](https://creativecommons.org/licenses/by-sa/3.0/)

Investigators have assessed the prevalence of treatable traits in severe asthma and have determined which specific traits are predictive of future asthma attacks. Their findings, which are published in *Respirology*, are the result of an extensive national collaborative study in Australia.

Ten traits predicted future [asthma](#) attacks, and the strongest were: being prone to exacerbations, depression, inhaler device polypharmacy, vocal cord dysfunction, and obstructive sleep apnoea.

The findings may help clinicians develop individualized management strategies for patients with [severe asthma](#).

"We report the higher burden experienced by patients with severe asthma compared to non-severe and importantly identify which treatable traits are predictive of future asthma attacks. This highlights the usefulness of the treatable traits approach in severe asthma and identifies important targets for treatment," said lead author Dr. Vanessa McDonald, of the University of Newcastle.

**More information:** *Respirology* (2018).  
[onlinelibrary.wiley.com/doi/10.1111/resp.13389](https://onlinelibrary.wiley.com/doi/10.1111/resp.13389)

Provided by Wiley

Citation: What treatable traits predict future asthma attacks? (2018, September 19) retrieved 8 May 2024 from <https://medicalxpress.com/news/2018-09-treatable-traits-future-asthma.html>

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