

What treatable traits predict future asthma attacks?

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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

Provided by Wiley

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

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