

# TREATMENT TIPS FOR MANAGING ASTHMA

## FOR INJECTION PATIENTS



Asthma is a chronic condition characterized by inflammation of the airways, making it challenging to breathe. The medical landscape has evolved over time, providing patients with groundbreaking medications and infusion treatments to improve their quality of life. Among these are Exdensur, Fasentra, Nucala, Tezspire, and Xolair. Here are some tips for efficient asthma management:

### 1. **Get to Know Your Medications:**

- **Exdensur (depemokimab-ulaa):** An injectable ultra-long-acting biologic for severe eosinophilic asthma that reduces asthma exacerbations by targeting IL-5.
- **Fasentra (benralizumab):** An injectable treatment that targets the IL-5 receptor, working to mitigate eosinophilic inflammation in the lungs.
- **Nucala (mepolizumab):** An injectable monoclonal antibody that zeroes in on and reduces eosinophils—the white blood cells that can cause inflammation and exacerbate asthma symptoms.
- **Tezspire:** This is an injection that works to target and block the alarmins released by the lungs by asthma triggers. The treatment aims to proactively reduce the inflammation which can lead to asthma attacks.
- **Xolair (omalizumab):** This is an injectable biologic that specifically targets and neutralizes immunoglobulin E (IgE), a protein responsible for allergic reactions which can trigger asthma symptoms.

2. **Consistency is Key:** Remember to take your medications as prescribed. Being consistent ensures maximum efficacy and helps maintain controlled asthma symptoms. Set reminders or mark your calendar for injection days.

3. **Stay Vigilant About Side Effects:** While these medications aim to improve asthma control, they can come with side effects. From minor issues like irritation at the injection site to more severe symptoms, it's essential to monitor your body's reactions and immediately report any anomalies to your doctor.

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[sageinfusion.com](https://www.sageinfusion.com) or email: [intake@sageinfusion.com](mailto:intake@sageinfusion.com)

## ASTHMA TREATMENT TIPS continued

4. **Keep Regular Appointments with Your Healthcare Provider:** Routine check-ins with your doctor ensure your asthma remains under control, and they can adjust your treatment if necessary. These visits also provide an opportunity to discuss concerns or new developments related to your health.
5. **Employ Comprehensive Asthma Care:** Relying solely on your prescribed medication isn't enough. Always work closely with your healthcare provider to tailor a treatment strategy best suited for your needs.  
Engage in a holistic approach:
  - **Peak Flow Monitoring:** This helps you track your lung function, potentially forewarning you of a flare-up.
  - **Perfect Your Inhaler Technique:** Ensuring you use inhalers correctly can make a significant difference in symptom management.
  - **Develop an Asthma Action Plan:** Tailored to your individual needs, this plan will guide you during asthma attacks and help determine when emergency care is required.
6. **Recognize and Steer Clear of Triggers:** Every asthmatic has specific triggers, be it dust, pollen, certain foods, or stress. Knowing yours and strategizing ways to avoid them is pivotal in managing flare-ups.
7. **Exercise with Caution:** While staying active is crucial for overall health and can even benefit asthma in the long run, be cautious. For some, exertion can provoke asthma symptoms. Always consult with your doctor about suitable exercises and keep a rescue inhaler accessible during workouts.
8. **Stay Educated:** The more you know about asthma and your medications, the better equipped you are to manage the condition. This also makes you an excellent advocate for your health when discussing treatment options with healthcare professionals.
9. **Address Respiratory Infections Swiftly:** Infections like the flu or colds can amplify asthma symptoms. Stay updated with vaccinations, maintain robust hygiene practices, and consult a doctor at the first sign of respiratory infection.
10. **Contemplate Allergy Testing:** Many asthma patients are also allergic to certain substances. Identifying these allergens through testing can significantly aid in symptom management.

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sageinfusion.com or email: [intake@sageinfusion.com](mailto:intake@sageinfusion.com)