

Severe Asthma with and without long-term oral corticosteroids (OCS): A Comparison of Disease Severity and Baseline Characteristics

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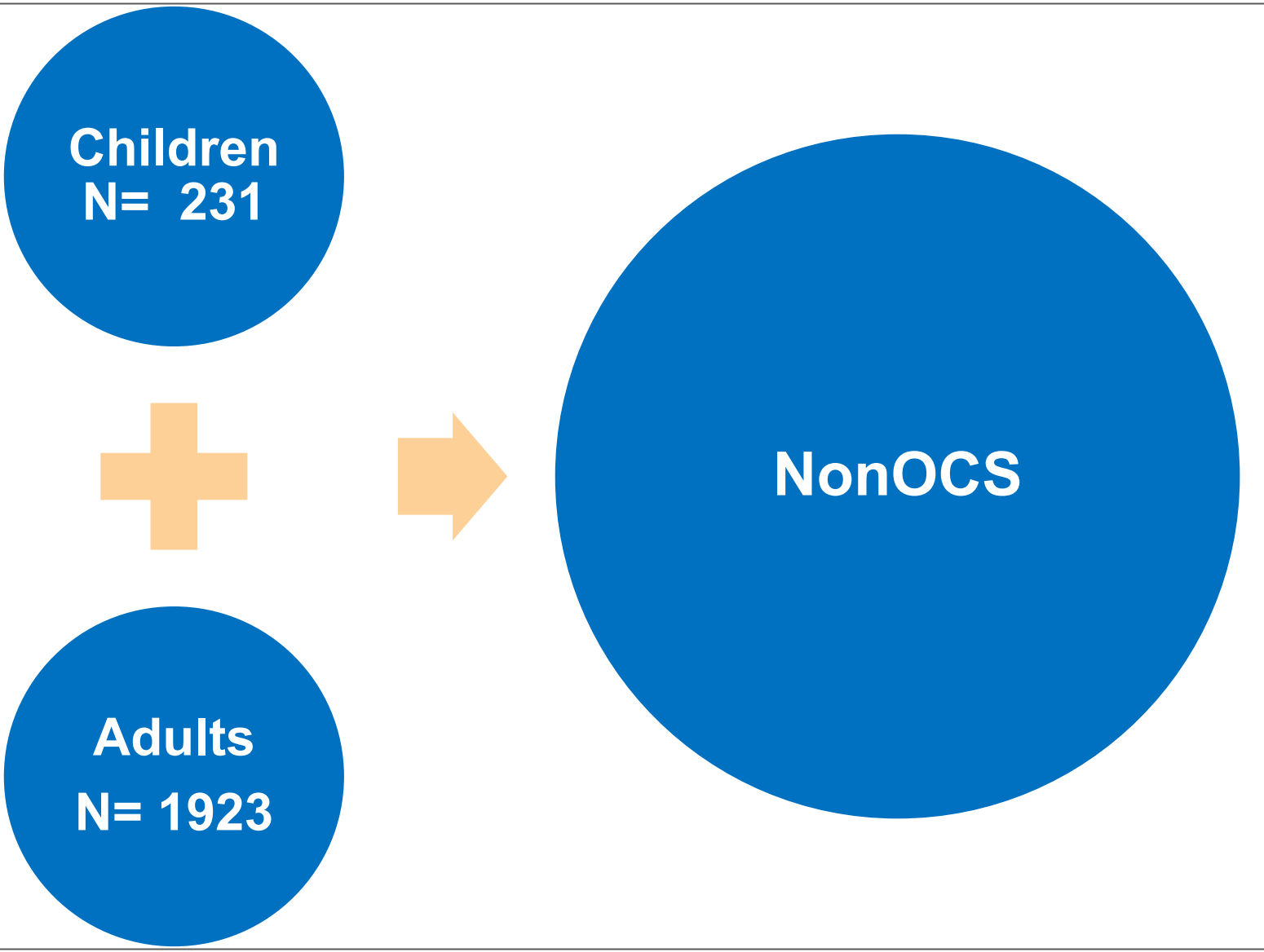
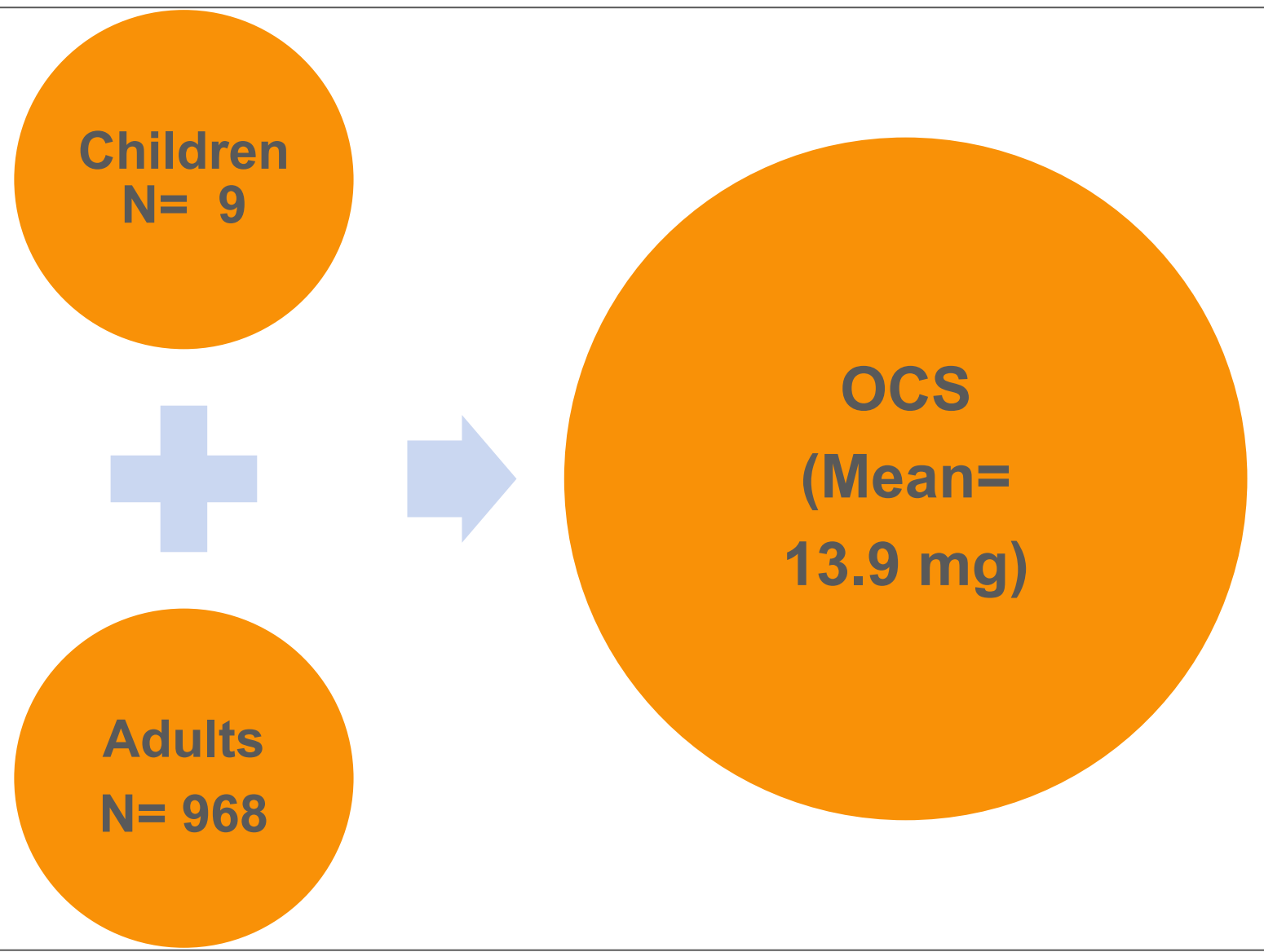
Background

Oral steroids are still regularly used for treatment of patients with severe asthma. Still there is rare data on the differences between severe asthma patients on OCS long term therapy compared to patients without regular OCS treatment.

Methods

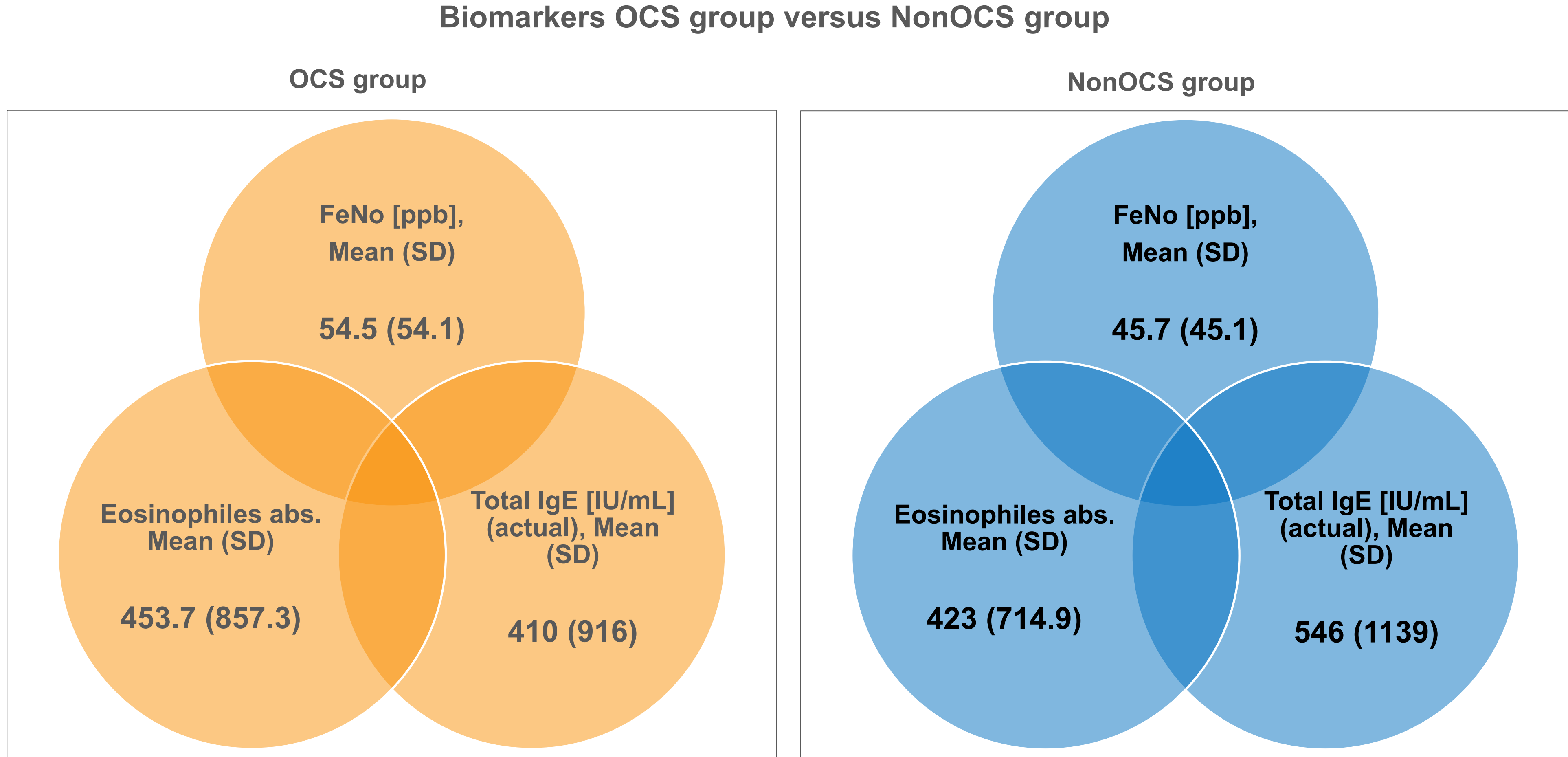
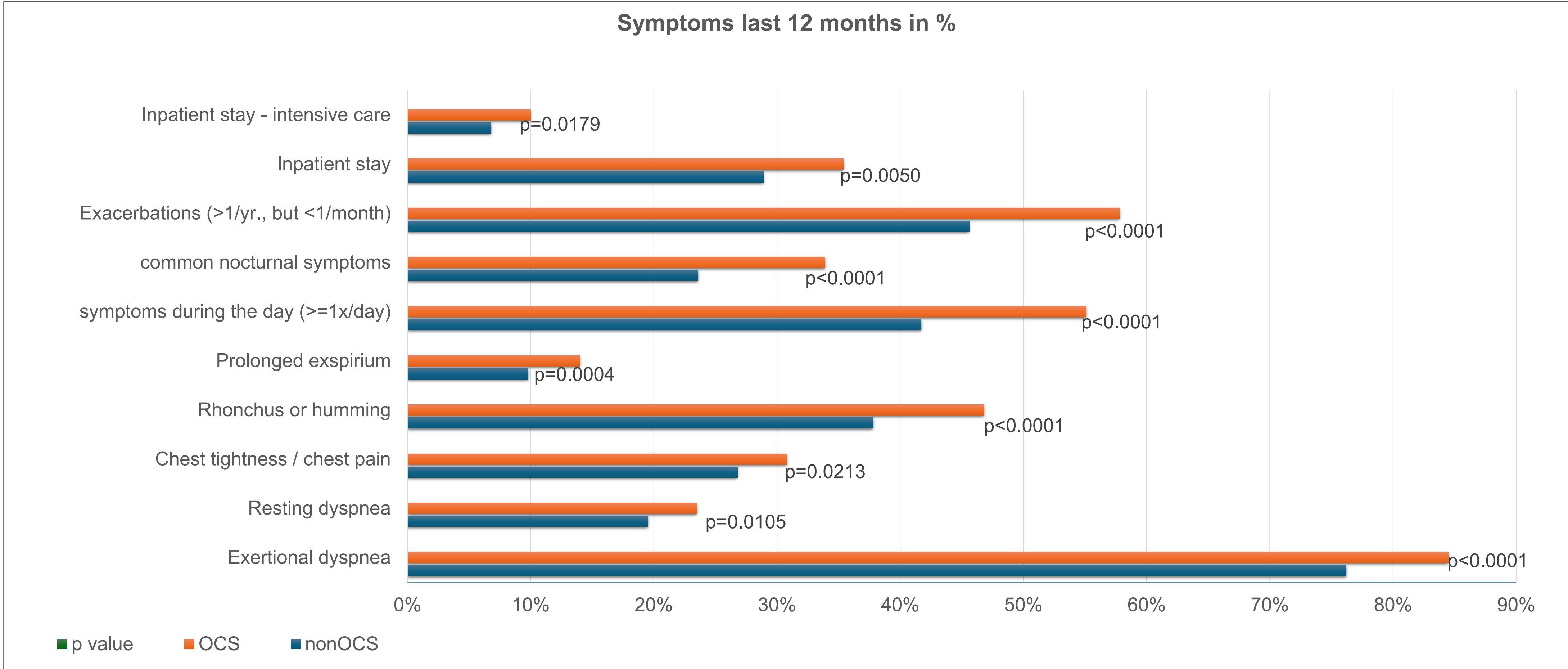
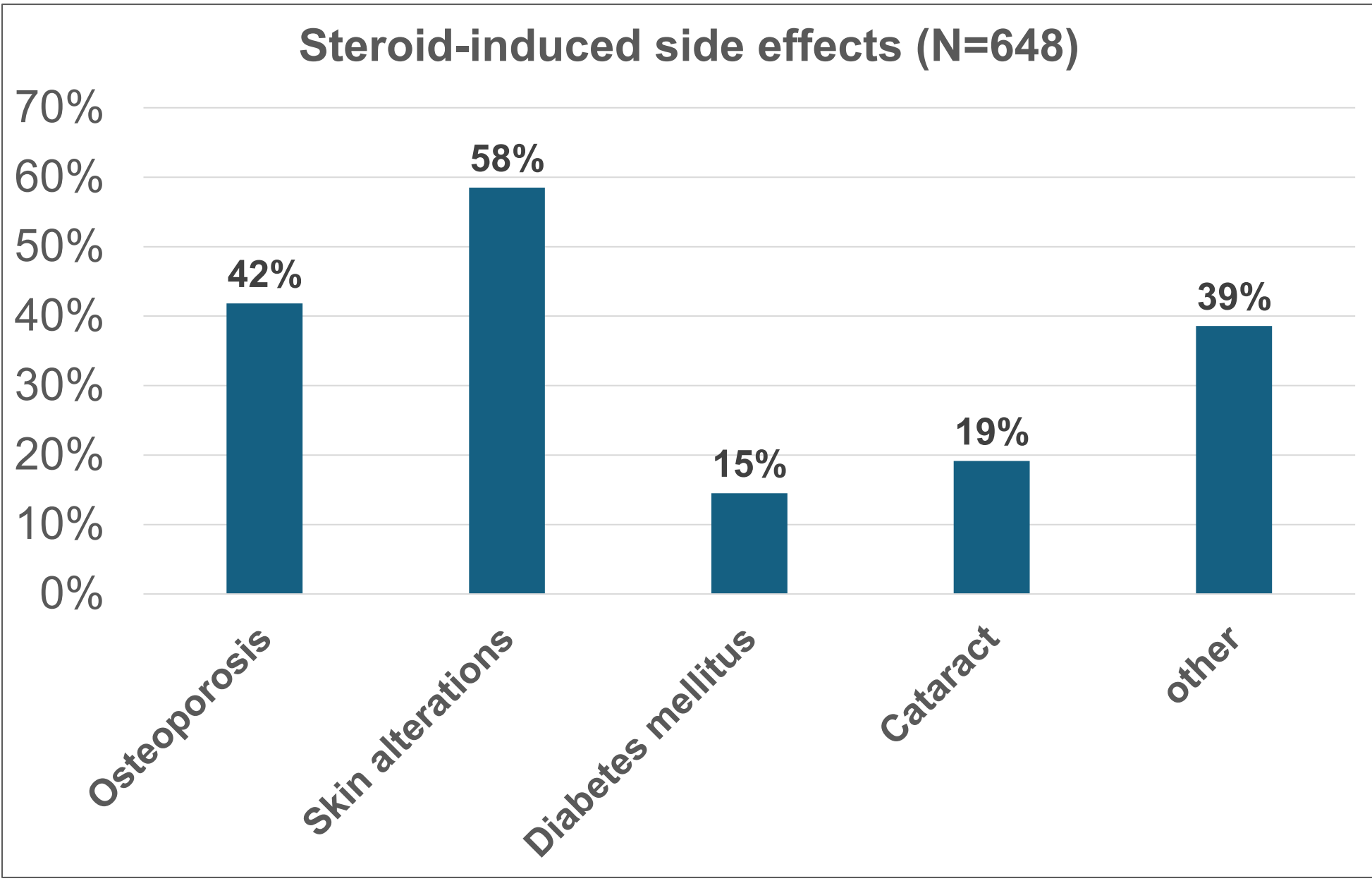
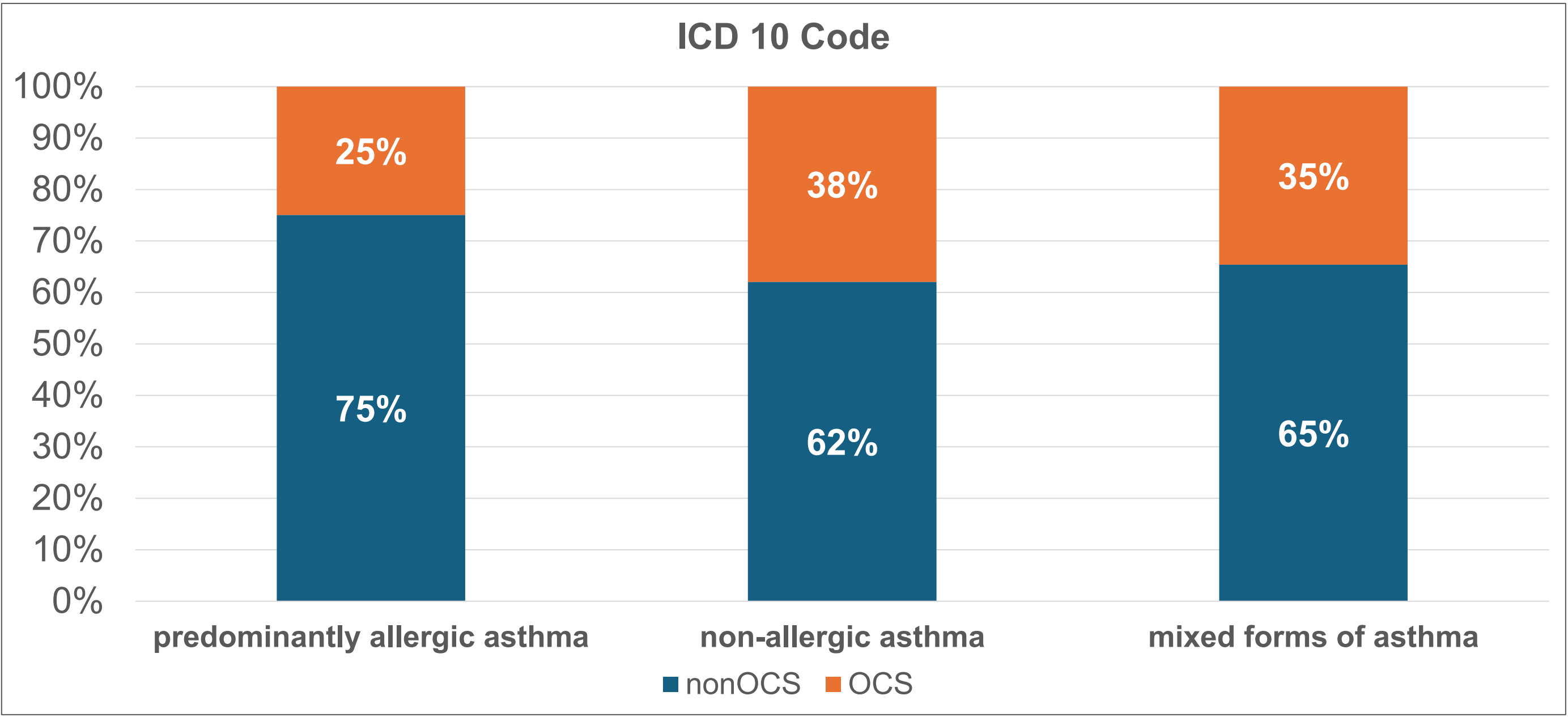
- Data from 3134 severe asthma patients in the German Asthma Net Registry
- 977 patients with OCS vs. 2157 without OCS (nonOCS)

- Children n=240 (7.7%)
- Analysis of symptoms, exacerbations, lung function, biomarkers, steroid-induced side effects and medication use



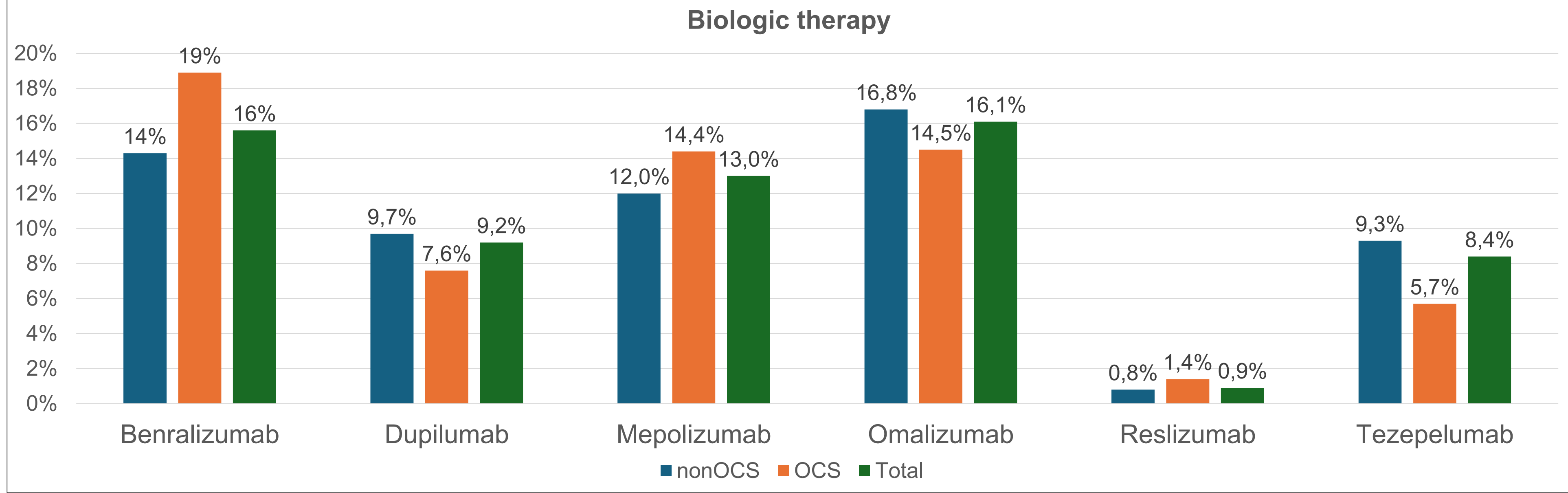
Results

Patient characteristic (N= 3134)	nonOCS	OCS	p value
Female, no. (%), (n=3133)	1222 (56.7%)	555 (56.8%)	p=0.9468
Age - yr., Mean (SD), (n=3128)	49.1 (18.1)	54.5 (14.1)	p<0.0001
BMI [kg/m²], (n=3124)	27.0 (6.5)	27.6 (6.0)	p=0.0254
Age at asthma diagnosis - after 12 yrs. (n= 3121)	1477 (68.8%)	779 (79.9%)	p<0.0001
Smoker, no. (%), (n= 3132)	58 (2.7%)	28 (2.9%)	
Smoker: pys., Mean (SD)	11.28 (10.60)	17.24 (14.37)	
Incapacity for work, no. (%), (n=3129)	673 (31.3%)	334 (34.2%)	p=0.0003
GINA control status - uncontrolled, no. (%), (n=3129)	1171 (54.4%)	712 (73.0%)	p<0.0001
ACT points, Mean (SD)	15.5 (5.6)	13.2 (5.3)	p<0.0001



Functional diagnostic	NonOCS	OCS	p value
FEV1 [L], Mean (SD)	2.1 (0.8)	1.9 (0.8)	p<0.0001
FEV1 [%], Mean (SD)	70.55 (21.71)	61.82 (22.40)	p<0.0001
FEV1/FVC [%] , Mean (SD)	64.93 (22.51)	63.24 (18.81)	p<0.0001
FEV1 reversibility (calc.) [L], Mean (SD)	0.2 (0.3)	0.2 (0.4)	p=0.8792
FEV1 reversibility (calc.) [%] , Mean (SD)	10.4 (16.2)	13.6 (26.6)	p=0.1673

Lower FEV 1 value (0,2 L) in OCS group



Conclusion

There are differences between OCS group and nonOCS. OCS group patients exhibit more severe disease characteristics and poorer asthma control. These findings highlight the need for optimized treatment strategies in this group.

