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Title: Asthma contol in Tunisia

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Body: Introduction: Control of asthma is related to recent daily symptoms and exacerbations; it represents the ultimate goal of treatments according to current guidelines. The definition of asthma control was derived from the Global initiative for asthma (GINA): totally controlled or well controlled, or uncontrolled. In Tunisia, we have no data on the level of asthma control in adult patients. Aims and objectives: This study was conducted to determine how closely asthma management guidelines are being followed in Tunisia and to identify the factors affecting the control of asthma in our country. Patients and methods: This study is based on information from 163 adults with asthma in 2010-2011. Sociodemographic data, duration of asthma in years, the severity of asthma based on GINA criteria of severity, etiology and treatment of substance was collected. Regarding control asthma, the questionnaire response of the Asthma Control Test has classified as controlled, well controlled, or uncontrolled. Results: the mean of age was 49 ± 15years. Asthma was intermittent in 3.1%, persistent mild in 31.3%, persistent moderate in 51.5% and persistent severe in 14.1%. Treatment as recommended by GINA was applied in 63% of patients. 67.5% of patients were uncontrolled, 26% were well controlled and 6.5% were totally controlled. Factors of uncontrolled asthma were the advanced age (p <0.001) and low Forced Expiratory Volume in one second (FEV1) (P <0.001). Conclusion: Despite all efforts through international recommendations and despite the existence of effective therapies against asthma, a significant number of patients with asthma remain uncontrolled in this study. Asthma control in Tunisia is probably as poor as in other areas of the world.