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Title: Long term inhalatory therapy in asthma – Achieving control of the disease

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Body: Objective: Evaluation of long term inhalatory therapy in asthma and achieving control of the disease using asthma control test. Methods: This was a prospective study recruiting ambulatory patients aged >12 years with asthma at the Pneumology Hospital Oradea between December 2011 and January 2012. We evaluate the effectiveness of long term inhalatory treatment of the disease with ACT as a means of detecting GINA defined uncontrolled, partially controlled and controlled asthma (uncontrolled and partially controlled asthma are together labeled as “not controlled' according to GINA). Patients with the following were included in the study: hospitalized for asthma and ambulatory patients with asthma. The questionnaire used was ACT Romanian and English version for adults from www.asthmacontroltest.com. Eligible patients answered and submitted the questionnaire to the investigator, patients then performed Spirometry tests followed by interviews with a pulmonologist who evaluated their asthma control and provided treatment modifications as required. Results: A total of 60 patients participated in the study of mean age 55 years. Females comprised of 55% of the participants and 45% male participants. A mean ACT score was 15.05., in which GINA stage 1 and 3 are prominent 35%, but in general patients are unequally distributed among the four stages. Most of the patients were using preventive medication; the majority had uncontrolled asthma according to both GINA and ACT criteria and were stepped up on treatment after their visit.