

European Respiratory Society Annual Congress 2013

Abstract Number: 3457

Publication Number: 2009

Abstract Group: 1.6. General Practice and Primary Care

Keyword 1: Asthma - management **Keyword 2:** Primary care **Keyword 3:** Quality of life

Title: A follow-up of patients with a new diagnosis of asthma - characteristics, prognosis and risk factors

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Body: Objective: To study patients with a new diagnosis of asthma in a seven year follow-up. Method: A survey in 2005 to 1725 randomly selected patients, 18-75 years, with a diagnosis of asthma. Response rate 71%. Medical records data 2000-2003 were reviewed and a follow-up was performed in 2012. This study analyses data from the 2005 and 2012 surveys regarding patients that received their asthma diagnosis 2000-2003. Asthma control according to GINA, quality of life (MiniAQLQ) and BMI from questionnaire. Results: Of 1211 patients in the 2005 survey 339, 79% in primary care and 58% women, were diagnosed 2000-2003. A total of 194 patients, women 58%, participated in the follow-up 2012. Mean age of women 2012 was 57.3 years (SD14.5), men 57.5 years (SD13.5); daily smoking 6% and 6%; allergic rhinitis 50% and 52%; BMI >30 25% and 23% respectively. No current asthma stated by 27% of the women and 21% of the men. Treatment 2005: ICS women 46%, men 47%; fixed combination 23%, 21% respectively. In 2012: ICS women 23%, men 25%; fixed combination 31%, 29% respectively. Asthma control 2005: women 47%, men 56% and 2012: 55% and 58% respectively. MiniAQLQ 2005: women 5.61 (95%CI 5.41-5.80), men 5.82 (95%CI 5.58-6.05) and 2012: women 5.87 (95%CI 5.66-6.08), men 5.89 (95%CI 5.64-6.13). Patients with BMI >30 in 2005 had OR 2.1 (95%CI 1.00-4.45), and patients with allergic rhinitis in 2012 had OR 2.56 (95%CI 1.39-4.73) for not achieving asthma control in 2012, adjusted for age and sex. Conclusion: Uncontrolled asthma and impaired quality of life were common in this follow-up of patients diagnosed about ten years earlier. High BMI and allergic rhinitis were associated with uncontrolled asthma.