



Tiotropium add-on therapy reduces seasonal peaks of asthma worsening in adults with symptomatic severe asthma

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In adults with symptomatic severe asthma despite inhaled corticosteroid/long-acting β_2 -agonist therapy, tiotropium add-on therapy reduces seasonal peaks of asthma worsening, providing a year-round benefit <http://bit.ly/2m4LGuH>

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To the Editor:

Despite the use of preferred controller therapies (including inhaled corticosteroids (ICS) with or without additional long-acting β_2 -agonists (LABAs)), a large proportion of patients with asthma have poor disease control, leaving them at risk of recurring symptoms and episodes of asthma exacerbations and worsening [1, 2]. Such problems can be triggered by many different environmental factors including pollutants, respiratory infections or allergens [3]. They may occur sporadically, but are often determined by the seasons, mirroring seasonal patterns of allergen exposure and prevalence of respiratory viral infection [3, 4]. They can cause reduced quality of life, increase asthma burden [2, 3], and have economic and societal impacts, such as increased absenteeism in school-age children, reduced work productivity and missed workdays in adults [5]. It is therefore important to choose an appropriate asthma treatment to achieve good symptom control and minimise the risk of exacerbations and worsening [2].