



GLAXOSMITHKLINE LAUNCHES ASTHMA CONTROL TEST (ACT)

The ACT is a clinically validated tool that reliably determines whether asthma is adequately controlled

2 May 2006... A simple five item questionnaire – the Asthma Control Test (ACT) that helps physicians and patients assess the level of asthma control has been launched by GlaxoSmithKline on the occasion of World Asthma Day 2006.

“World Asthma Day 2006 focuses on the unmet needs of asthma, the primary of which is the need for more patients to achieve total control for a better quality of life. The ACT is a simple tool that will help set achievable targets for the patient so that we can manage the condition better,” said Dr. Sanjeev Mehta, Consultant, Lilavati Hospital.

The ACT helps quickly assess a patient’s level of asthma control over 4 weeks just prior to the test and assigns a numerical score. The test encourages clear and concise communication between a patient and his doctor, it may be conducted with or without a lung function test which may not be possible during routine visits to the physician.

The Asthma and Insights & Realities in South Asia (AIRSA) survey contacted 8000 households in 9 cities across India and 403 asthma patients were identified of which 60% had daytime symptoms in the past 4 weeks and 77% experienced sleep disruption at least once a week. This indicates the current level of asthma control in India falls far short of the goals for long term asthma management.

This survey was conducted in 2002 by A. C. Nielsen on behalf of
GlaxoSmithKline India.

“The extent of asthma control in Indian patients, as judged by symptomatic improvements and the need for rescue medication, is currently suboptimal. There is a definite scope to improve this significantly, thereby enabling patients to lead a better quality of life. The ACT is an easy to administer, reliable and clinically validated tool that allows the physician-patient team to work together towards achieving total control of asthma,” said Dr. Sadhna Joglekar, Vice President, Medical Affairs and Regulatory, GlaxoSmithKline India.

The five questions that form the ACT are simple and check for the frequency and severity of symptoms, their impact on daily life and medication use. The benefit of ACT is in the scientifically designed and validated scoring system that helps patients evaluate their current level of control in comparison to what is achievable. The ACT is endorsed by the American Lung Association (<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33276>). The ACT is available online at www.gsk-india.com or www.asthmacontrol.com and is a trademark of QualityMetric Incorporated. Copyright 2002 by QualityMetric Inc.

World Asthma Day is an annual event organized by the Global Initiative for Asthma (GINA) that works towards improving the lives of people with asthma all over the globe. World Asthma Day 2006 will be observed on 2 May and will focus on the theme - "**The Unmet Needs of Asthma**".

Asthma prevalence – around 100 - 150 million people around the globe suffer from asthma. India has 15 – 20 million asthmatics approximately and rough estimates show 10 – 15 % prevalence in children between 5 – 11 years of age. (<http://www.who.int/mediacentre/factsheets/fs206/en/>). A GINA report shows 2.5 – 5% prevalence of asthma in India (<http://www.ginasthma.com/GuidelinesResources.asp?l1=2&l2=0>).

Asthma is characterized by recurrent attacks of breathlessness and wheezing, which vary in severity and frequency from person to person. Asthma attacks all age groups but often starts in childhood. This condition is due to inflammation of the air passages in the lungs and affects the sensitivity of the nerve endings in the airways so they become easily irritated. In an attack, the lining of the passages swell causing the airways to narrow and reducing the flow of air in and out of the lungs. Asthma cannot be cured but total control can be achieved.

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