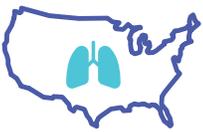




**OCS Overexposed: Thinking Beyond the Burst** is a national education campaign to raise awareness of appropriate oral corticosteroid (OCS) use and reveal OCS overuse as what it often is – a treatment plan failure.

It's important to recognize that while OCS can be critical to treat asthma flares, by reducing the risk of emergency department visits or hospitalizations, they have also been linked to serious health risks. Today, repeated OCS use by someone living with uncontrolled or severe asthma is often a sign that their treatment plan isn't working anymore. To note, OCS should not be confused with inhaled corticosteroids (ICS).

## ABOUT ASTHMA



Asthma is a chronic inflammatory lung condition that affects more than **25 million** Americans.



Five to ten percent of these people, roughly **1.3 to 2.6 million**, are believed to have severe asthma.



There are **1.7 million** emergency room visits because of asthma each year.



More than **3,500** Americans pass away because of asthma each year.



Severe asthma is a **major financial burden** on the health system compared to non-severe asthma

## LET'S INVESTIGATE OCS OVEREXPOSURE!

A 2018 AAFA survey of 519 people with asthma found that nearly 85% used at least one course of oral corticosteroids (OCS) in the previous 12 months and 64% had done so two or more times.

**FACT** Patients who take two or more courses of OCS in a 12-month span may have severe or poorly controlled asthma and should speak with a qualified asthma specialist.

Nearly 60% of people surveyed had visited an urgent or emergency care facility in the past 12 months for an asthma attack.

**FACT** Even one urgent or emergency care visit for an asthma episode in a 12-month period is an indicator that asthma is not well controlled and/or potentially severe.

More than 55% said they did NOT know there are newer medicines available with fewer side effects than OCS.

**FACT** There are both short- and long-term risks of OCS overexposure including short-term risks such as elevated eye pressure (glaucoma), fluid retention, high blood pressure, weight gain, problems with mood, memory, and behavior, and long-term risks such as cataracts, infections, osteoporosis, high blood sugar levels in patients with diabetes, thin skin, bruising, and a slower healing process for wounds.

