

Adult asthma

europeanlung.org/adult-asthma/

Asthma is a common long-term condition that can affect people of all ages. It causes inflammation in the airways. The term adult asthma refers to either childhood asthma that has continued into adulthood, asthma that has returned after being present in childhood and then disappearing, or asthma that has developed only in adulthood. Adult asthma is often linked with allergies and accompanied by other allergic conditions, such as hayfever. Adult asthma is more common in females.



Areas for action

- There is a pressing need to understand the origins of asthma so that it can be prevented
- Exposures in the workplace need to be better controlled to help prevent the development of adult asthma
- More focused national programmes are needed to improve asthma control across the population and consequently reduce long-term illness, death and costs
- More research is needed to understand more about severe asthma and to personalise medicine in the future



In Europe, almost **10 million people less than 45 years of age** have asthma



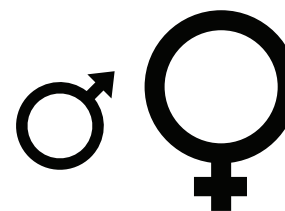
The **UK and Ireland** have some of the **highest asthma rates** in Europe and the world



Around **10%** of adults with asthma have **severe asthma**, which is difficult to treat



Despite the increasing use of asthma medications **asthma control remains relatively poor** across Europe



Adult asthma is more common in **females**



In some countries, such as **Finland and France**, **action by government health departments** has led to **important improvements in asthma control**