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Asthma and Allergy Foundation of America Offers Free Online Course for Severe Asthma
New Program Aims to Improve Severe ASTHMA Care for Adults

February 19, 2019 – **Washington, DC** – Severe ASTHMA (Asthma Symptoms, Treatment, Health Management and Activities™) Care for Adults is a FREE self-paced course that helps adults and their caregivers learn how to manage severe asthma. It explains severe and uncontrolled asthma, the impact of severe asthma, asthma management plans and severe asthma treatments. There are five lessons about severe asthma management:

- What Is Severe Asthma?
- Living with Severe Asthma
- Your Asthma Management Plan
- Understanding Triggers and Treatments in Severe Asthma
- Asthma Control

Asthma is a life-threatening disease. Each year we lose over 3,000 people to it. Whether they are newly diagnosed or have had severe asthma for some time, some may need help making sense of it all. Asthma at any level takes special care and management. But severe asthma requires even more.

“Our research indicates that severe and uncontrolled asthma has a profound negative impact on people’s lives,” stated AAFA president and CEO, Kenneth Mendez. “We are committed to tackling this issue in innovative ways by using technology and education to empower people to better manage their health.”

Five to ten percent of people with asthma don’t respond to standard treatment. They may continue to have symptoms during the day and wake up at night due to their asthma. This is called severe persistent asthma. By partnering with a specialist, patients can create a management plan to reduce asthma attacks and regain activities asthma may have kept them from doing.

“We are proud to offer this new online course for managing severe asthma,” stated Melanie Carver, vice president of community health for AAFA. “Using animations, handouts and videos, it tackles topics unique to severe asthma to help patients achieve better quality of life.”



The Severe ASTHMA Care program is available as a self-paced online course for patients and their caregivers. Sign up to take the course at www.aafa.org/severeasthmacare. If you would like to learn about the basics of managing asthma first, take our [ASTHMA Care for Adults course](#).

This program is made possible by an educational grant from Sanofi Genzyme and Regeneron. The content of the program was independently developed by the Asthma and Allergy Foundation of America.

About AAFA

Celebrating over 65 years of service, AAFA is the oldest and largest non-profit patient organization dedicated to improving the quality of life for people with asthma, allergies and related conditions through research, education, advocacy and support. AAFA provides practical information and community-based services through its digital communities and network of chapters and support groups. Through its Kids with Food Allergies division, AAFA offers the most extensive online support community for families of children with food allergies. AAFA also helps consumers identify products suitable for those with asthma and allergies through the **asthma & allergy friendly**[®] Certification Program. For more information, visit www.aafa.org.

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