SURVEY SUMMARY:
TYPE 2 INFLAMMATORY CONDITIONS AND BIOLOGIC TREATMENTS

GLOBAL ALLERGY & AIRWAYS PATIENT PLATFORM

Type 2 inflammatory conditions, such as asthma and chronic rhinosinusitis with nasal polyps (CRSwNP), are long-term conditions that often happen together and impact daily life.

Biologic treatments are injected medicines that are developed from natural sources. Biologics are usually injected every 2-8 weeks when other treatments don't give you enough relief.

An international survey[1] asked more than 1,500 adults with asthma and/or CRSwNP about two major things:

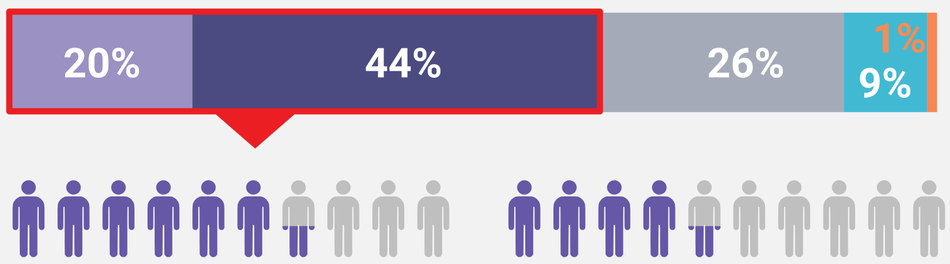
1. how their condition affects their daily life, and
2. how they feel about biologic treatments.

KEY FINDINGS

1 THE BURDEN OF DISEASE

Frequency of Thinking About Managing the Disease

- Constantly, at least once a day
- Regularly, at least once per week
- Seldom, less often than once per week
- I never think about the overall management of my asthma and/or nasal polyps
- Other



64% think about managing their disease every day or every week.

44% said it's hard to manage.

Perceived Difficulty of Managing the Disease

Very difficult	12% (121)
Difficult	32% (337)
Neither easy nor difficult	30% (312)
Easy	18% (187)
Very easy	8% (84)

Common Issues Reported by Patients

- Anxiety (46%)
- Trouble sleeping (37%)
- Limits on exercise (44%)

Shared decision-making (SDM) is a process where patients and providers work together to make choices about treatment options, considering what treatment is available and the patient's individual values and preferences. Ask about SDM.
It is a part of your care!

2 OPINIONS ABOUT BIOLOGICS:

Experience with Biologics:

Only **14%** were using a biologic treatment for their condition at the time of the survey

of these

37% felt confident injecting it themselves

42% said it was a reminder they're living with a chronic disease

main reasons

Why Some Stopped Biologics: *

- injections were too hard
- travel to clinic was difficult
- cost was too high

What Would Help:

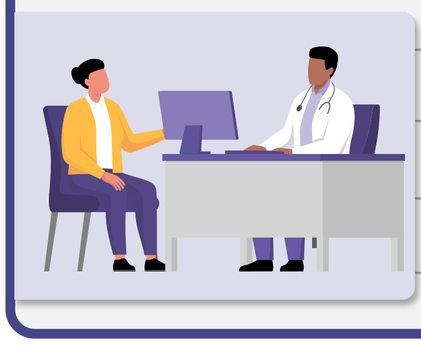
68% of people said they would be more willing to take a biologic if it was only needed every 6 months

WHAT THIS RESEARCH MEANS FOR YOU

If you have asthma or CRSwNP:

- You're not alone in feeling stressed or overwhelmed by your condition.
- It's okay to ask your doctor for emotional support and about all available treatment options.

If you're using or thinking about using a biologic, talk to your doctor or nurse about:



- How it works and how often will you need it
- Side effects and ways to make injections easier
- What biologics are available in your country
- Cost of treatment

Addressing these issues could mean less worry and better control over your health.

* 34% of respondents reported they stopped taking a biologic.

Reference: 1. Tal-Singer, Ruth et al. "Disease Impact and Perception of Biologics in Adults with Type 2 Inflammation Respiratory Disease: International Survey Results." *Patient preference and adherence* vol. 19 1159-1170. 28 Apr. 2025, doi:10.2147/PPA.S517466