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GLOBAL ALLERGY & AIRWAYS PATIENT PLATFORM

Clinical Remission in Asthma

Looking Beyond Symptom Control

For many years, asthma treatment focused on controlling symptoms and preventing flare-ups. Today, healthcare professionals are talking about another goal: **clinical remission** and what it could mean for long-term asthma control.

What is clinical remission?

Clinical remission means asthma is very well controlled and **has little or no impact** on your daily life.

Many healthcare professionals look for these signs over the course of a year:

- Few or no symptoms
- No asthma flare-ups
- No need for oral steroids for worsening asthma
- Stable lung function

Why are people talking about it?

Clinical remission is not just a medical term. It is a way to talk about **your goals, your quality of life**, and what **you hope to achieve** with your asthma treatment.

It can help guide conversations about:

- What "doing well" looks like for you
- How asthma affects your daily life
- Your long-term treatment goals
- Ways to improve asthma control over time

What clinical remission does NOT mean

Asthma is **cured**	Asthma can **never return**
Treatment should be **stopped**	**Follow-up care** is no longer needed

Start the conversation

You **don't have to wait** for your healthcare professional to bring up treatment goals. Consider asking:

- What are our goals for my asthma treatment?
- What does "doing well" with asthma look like for me?
- Is clinical remission something we can talk about?
- How will we know if my treatment plan is working?
- What can I do to help support my long-term treatment goals?

Remember:

Clinical remission is **not about achieving perfection.**

It is about reaching a point where asthma treatment is working well and asthma has little or no impact on your daily life.

Not everyone will achieve clinical remission, but understanding your treatment goals and having open conversations with your healthcare professional can help you work toward the best possible outcomes.

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