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“BEWARE OF COMORBID CONDITIONS”: THE BEST APPROACH TO TREAT ASTHMA

“Diagnosis and assessment of the severity of asthma can be strongly influenced by the presence of comorbidities. Preventive and therapeutic interventions should direct the patient in its complexity”, the presidents of the international symposium in Bangkok, said. It was a significant occasion to discuss about several types of asthma, its disorders and innovative steps toward personalized care.

November 10th-11th, 2018 - Bangkok, Anantara Siam Bangkok Hotel

World renown pneumologists and allergologists, gathered in Bangkok, Thailand, to discuss about treatment strategy for asthma and its comorbidities. The Symposium **"Complexity of Asthma and its comorbidities"**, that was held from 10th to 11th November 2018, was an opportunity to share the pharmacological approach to the complexity of asthma and its comorbidities, to know the more advanced treatments centred on the lungs and their potential to modify systemic effects of asthma, trying to fill the gap between scientific knowledge and the real world practice.

The Congress was organized by Thoracic Society of Thailand under Royal Patronage Department of Experimental Medicine, University of Rome 'Tor Vergata' Department of Allergy and Immunology, Hospital Quironsalud Bizkaia Department of Respiratory Medicine, Imperial College London, co-organized by **Fondazione Internazionale Menarini**.

It has been chaired by Prof. **Mario Cazzola**, Honorary Professor of Respiratory Medicine and Chair of Respiratory Medicine Department of Experimental Medicine and Surgery (University of Rome 'Tor Vergata'), Prof. **Ignacio Ansotegui**, Head of the Department of Allergy and Immunology Hospital Quironsalud Bizkaia, President of the World Allergy Organization (WAO), President of Southern European Allergy Societies (SEAS) and Prof. **Peter Barnes**, Margaret Turner-Warwick Professor of Medicine Head of Respiratory Medicine at Imperial College London, Airway Disease Section National Heart & Lung Institute. Local co-presidents of the meeting were prof. **Nitipatana Chierakul** (Bangkok, THA) Department of Medicine, Faculty of Medicine, Siriraj hospital, Mahidol University and prof. **Maneechotesuwan Kittipong** (Bangkok, THA), Department of Medicine, Faculty of Medicine, Siriraj hospital, Mahidol University.

"Asthma is a complex disease, not simple to be diagnosed in its complexity. When we treat a patient, we usually think about the 'usual' asthma but there are many different forms of asthma that we must try to recognize. We must always look for comorbidities, because often we treat correctly asthma but our patient doesn't improve because of the presence of these comorbidities. When we treat them also asthma, that seems to be severe, become normal asthma. This is the aim of this congress", **Professor Mario Cazzola**, President of the meeting, said.

Symposium in Bangkok drew attention to latest updates about the classification of disease entities within the asthma syndrome, inflammatory markers, the relationship between asthma and obesity, asthma and rhinitis, and anatomical, physiological and immune changes caused by age, asthma

chronicity and external agents.

"There are several problems that we have: obesity and asthma is a very important issue because we know that asthma is more severe in obese patients and it's also more difficult to be controlled. But not only obesity, we have a big problem also with the presence of atrophic rhinitis and asthma: we must treat rhinitis to have an improvement of asthma. There is also the problem of gastro-oesophageal reflux, if we control reflux we improve the quality of life of our asthmatic patients. We must also consider the cardiovascular impact of the treatment, that we prescribe to asthmatic patients. In particular we must always look at the possibility of an impact on arrhythmia of our asthmatic patients", **Prof. Cazzola** also explained.

"Asthma becomes one of a leading non-communicable disease worldwide, in Thailand the prevalence of this chronic disease is around 5%. During the past years, diagnostic and therapeutic options for asthma has been greatly evolved. However, reasonable use of health care resource in the future, should be conformed with sustainable development goals issued by World Health Organization, this is also in line with "Sufficient Economy Philosophy" established earlier by our beloved the Great King Bhumibol or King Rama IV. Prince Mahidol, Bhumibol's father and also father of modern medicine in Thailand, once cultivated our medical students that; true success is not in the learning, but in Its application to the benefit of mankind", **Professor Chierakul**, local co-President of the meeting, concluded.

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