

# GLOBAL TRENDS IN THERAPY OF PATIENTS WITH BRONCHIAL ASTHMA — A PERSONALIZED APPROACH TO TREATMENT

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**Abstract.** Bronchial asthma (BA) refers to those diseases that significantly disrupt the adaptation of patients in society and the family, lead to temporary and permanent loss of working capacity, significant economic costs in many countries of the world. The goals of treating people with BA in recent years have traditionally remained unchanged and consist in achieving effective symptom control and maintaining a normal level of activity. Despite the availability and accessibility of modern asthma control therapy, lack of control or partial control of BA is, unfortunately, a common phenomenon among patients with BA. The main reason for this phenomenon is the low adherence of people with BA to anti-inflammatory therapy of the disease. Patients with BA often rely on drugs to relieve symptoms, but low adherence to basic therapy and the lack of timely increase in its volume at the initial signs of loss of asthma control sometimes lead to irreversible consequences. The modern approach to the treatment of BA in adults and adolescents over 12 years of age according to the recommendations of GINA 2022 and NAEPP 2020 is to use a fixed combination of an inhaled corticosteroid with formoterol both for basic therapy and as needed, since it has a rapid and simultaneous anti-inflammatory effect and is effective by alleviating symptoms and reducing the risk of exacerbation. Global climate change is one of the most acute environmental problems facing humanity. The main cause of climate change is greenhouse gases produced by human activity. The use of large numbers of short-acting  $\beta_2$ -agonist inhalers for the relief of asthma symptoms is one important component of total carbon emissions to the atmosphere, which can be reduced by patients using a fixed combination of inhaled corticosteroid and formoterol as a means of basic and symptomatic therapy.

**Key words:** bronchial asthma, therapy strategies, personalized approach, effectiveness, safety.