

For the Patient

The full report is titled: "Examining Causes of the Inner City Asthma Epidemic". It is in the January-February 2016 issue of *Allergy Asthma Proceedings* (volume 37, pages 4 to 8). The author is Dr. Stanley J. Szeffler.

For the Patient is provided to physicians so that the patients can better understand the language of modern medicine.

For the Patient is written by the editors (Bellanti, JA and Settignano, RA) and provided to practitioners so that patients can better understand the usefulness of new information resulting from medical research.

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The idea that certain features of life in poor urban areas could promote asthma dates back to more than a half century ago, when researchers began to describe an "inner-city asthma epidemic" of high asthma prevalence and morbidity in disadvantaged populations who live in poor areas of large cities. In more recent years, major research efforts have been directed to the study of the causes of inner city asthma which have demonstrated that: 1) many asthma risk factors are present; no single one predominates; 2) the structure and function of our medical health system contribute to the problem; 3) social inequities increase the problem; and 4) successful medical interventions exist. In a recent report, Dr. Szeffler from the Section of Pediatric Pulmonology, University of Colorado School of Medicine, Aurora, CO examines the many causes of the inner city asthma epidemic and offers several thoughtful management strategies to reduce asthma exacerbations and improve asthma care in the inner city.

Who or What was Proposed to be Studied?

Using a case management presentation format of a 12 year old African/American boy, Dr. Szeffler skillfully discusses the many causes that contribute to the child's asthma exacerbation that include obesity, allergic sensitization to dust mites, aspergillus, alternaria and cockroach allergen, lack of adherence to current medications.

How was the Study Done?

After a description of the many causes that contribute to asthma exacerbations, several novel intervention strategies are offered that include improved environmental control, patient education on use of current and new medications, and a school-centered asthma programs with involvement of the school nurse who can support the medical system in monitoring asthma control.

What are the Limitations of the Proposed Study?

There are no limitations of the study.

What are the Implications of the Study?

The report offers new strategies to address the continuing problem of the inner city asthma epidemic that include a need for standardization, harmonization and collaboration of asthma care with all members of the health care team, a focus on achieving asthma control by preventing asthma exacerbations, progression and adverse effects to medications, a recognition that optimal responses to new medications are linked to recent research findings of specific biomarkers for asthma that offer both sentinel indicators of disease susceptibility and response to therapy. □