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Title: Patients' evaluation on asthma severity was related to level of asthma control and quality of life over seven years follow-up

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Body: Objective: To study the relations of patients' evaluation of their asthma severity to asthma control and quality of life over seven years follow up. Method: A survey in 2005 of 1226 randomly selected asthma patients in primary care and 499 out-patients in secondary care. The questionnaire included patients' evaluation of the severity of asthma on a five point scale ranging from very mild to very severe, asthma control (according to GINA guidelines) and Mini-AQLQ. A follow-up of the same patients in 2012 included the same questions with addition of the asthma control test (ACT). 750 patients participating in both surveys were included. Results: Mean age in 2005 was 51.4 years, 60% women. 9% were daily smokers 2005 compared with 6% 2012. In 2005 16% reported the severity of their asthma as very mild, 33% as mild, 33% as moderate, 9% as severe and 2% as very severe. Asthma control (according to GINA) in 2012 was achieved by 69% of those who reported their asthma as being very mild, 45% as mild, 26% as moderate, 15% as severe and by 6% of those who assessed their asthma as very severe in 2005 (p<0.001). Mini-AQLQ in 2012 for those who 2005 assessed their asthma as very mild, mild, moderate, severe and very severe was 6.20 (95%CI 6.02-6.37); 5.67 (95%CI 5.55-5.80); 5.04 (95%CI4.90-5.18); 4.26 (95%CI 3.91-4.61); 3.34 (95%CI 2.71-3.97) respectively. ACT scores in 2012 for those who 2005 assessed their asthma as very mild, mild, moderate, severe and very severe were 22.8; 20.9;18.3;15.3;14,4 respectively (p<0.001). Conclusion: Patients' evaluation of their asthma severity is related to future outcomes and is important to take into consideration in asthma management.