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Media Contact:
Dr. Anka Stegmeier-Petroianu
pressofficer@ersnet.org

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**Asthma therapy:
An SMS a day keeps the doctor away**

VIENNA - Asthmatic patients who receive a daily SMS reminder on their cell phone, take, on average, about 18% more doses of their anti-asthmatic medication than asthmatic patients who do not receive an SMS reminder. "This is a simple means to improve compliance and reduce medical consultations," concludes **Ulla Strandbygaard**, Respiratory and Allergy Research Unit, Department of Respiratory Medicine, Bispebjerg University Hospital, Copenhagen.

The study presented at the *19th Annual Congress of the European Respiratory Society* included three clinical examinations at weeks 0, 4 and 12. At week 0, all patients were given treatment with a disk-styled inhaler consisting of the inhaled corticosteroid fluticasone and a long acting β_2 -agonist (salmeterol) one dose twice daily. At week 4, the subjects were randomly assigned to either 1) receive a daily SMS - a reminder to take their asthma medication (the SMS group) or 2) not receive an SMS reminder (the control group).

The medicine dose-count on the disks (Serevent®) was registered at week 4 and 12.

From week 4 to week 12, the mean adherence rate in the SMS group increased from 77.9% to 81.5%; mean change = 3.6%, 95% CI (-8.5-15.7%), $p = 0.52$, whereas the mean adherence rate in the control group decreased from 84.2% to 70.1%; mean change = -14.2%, 95% CI (-24.2-4.1%), $p = 0.01$. The absolute difference in mean adherence rate between the two groups after 12 weeks was 17.8%, 95% CI (3.2-32.3%), $p = 0.019$. The result remained significant after adjusting for age, sex, age at onset of asthma, asthma severity, packyears smoked, blood eosinophils, and atopy ($p = 0.015$).

During the study, significant overall improvements in eNO ($p < 0.001$), airway responsiveness (RDR) ($p < 0.001$), FEV1 ($p = 0.015$), ACQ ($p < 0.001$) and miniAQLQ ($p < 0.001$) scores were observed, whereas the change in airway obstruction (FEV1/FVC) was not statistically significant ($p = 0.109$).

The ERS is an organization of and for physicians, health professionals, and scientists that advances lung health through programs of education, research, advocacy and practice support that foster excellence in the field of respiratory medicine. For more information, see www.ersnet.org.

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Title: Does daily SMS increase adherence to asthma treatment? A three months follow-up study

Author contact: ulla@strandbygaard.com