



Joint Action  
on REspiratory  
Diseases



## EARLY DIAGNOSIS MATTERS

*Detect Asthma  
Before It Controls  
the Patient*

**WORLD ASTHMA DAY**  
**5th May 2026**

# WORLD ASTHMA DAY 2026

*Asthma remains one of the most common chronic respiratory diseases worldwide, yet it is still frequently underdiagnosed—especially in its early stages.*

*Healthcare professionals play a critical role in recognizing early symptoms, initiating timely investigations and preventing disease progression.*

✓ *Not all asthma is obvious. Early suspicion leads to better outcomes!*

### *Why Early Diagnosis?*

- Reduces risk of exacerbations
- Improves long-term lung function
- Enhances quality of life
- Prevents irreversible airway remodeling

### *Think Asthma When You See:*

- Recurrent wheezing
- Chronic or episodic cough (especially at night)
- Shortness of breath
- Chest tightness
- Symptoms triggered by allergens, exercise, or cold air

## *Act Early. Diagnose Accurately*

### *Manage Effectively Steps Toward Early Diagnosis*

#### *Take a Focused Clinical History*

- Symptom variability over time
- Triggers (allergens, infections, exercise)
- Family or personal history of atopy

#### *Recognize High-Risk Groups*

- Children with recurrent respiratory symptoms
- Patients with allergic rhinitis or eczema
- Smokers and ex-smokers with respiratory complaints
- Individuals with frequent “bronchitis” diagnoses

#### *Use Objective Testing*

- Spirometry with bronchodilator reversibility
- Peak expiratory flow (PEF) monitoring
- Consider FeNO testing where available

#### *Avoid Common Pitfalls*

- Mislabeling asthma as recurrent infections
- Underuse of spirometry
- Delayed referral to specialists

## **YOUR ROLE MAKES THE DIFFERENCE**

*Be proactive. Be precise. Be early!*



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