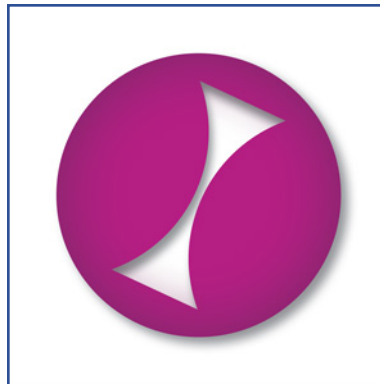


# **Pneumo Update Europe 2018**

**15 - 16 June, Budapest**

---

## **Asthma**



**Roland Buhl, Germany**

---

# Asthma

- **Diagnosis**
  - **Physician-diagnosis of asthma**
  - **FeNO\***

\*Fractional exhaled nitric oxide

# Clinical applicability of FeNO

- **FeNO-guided vs. symptom-based treatment reduces exacerbation frequency (OR 0.60, 95% CI 0.43 to 0.84) with no impact on symptoms or ICS dose**
  - ➔ **FeNO measurement in frequent exacerbators**
- **Increased FeNO concentrations in ICS-naïve patients predict response to ICS treatment**

Petsky et al. Cochrane Database Syst Rev 9:CD011440, 2016   Lehtimäki et al. Eur Respir J 48:706-714, 2016   Dweik et al. Am J Respir Crit Care Med 184:602-615, 2011   Chung et al. Eur Respir J 43:343-373, 2014   Price et al. Lancet Respir Med 6(1):29-39, 2018

# FeNO as predictor of ICS response in patients with non-specific respiratory symptoms

214 patients with non-specific respiratory symptoms

$\Delta$  FEV1 post-BD < 20%

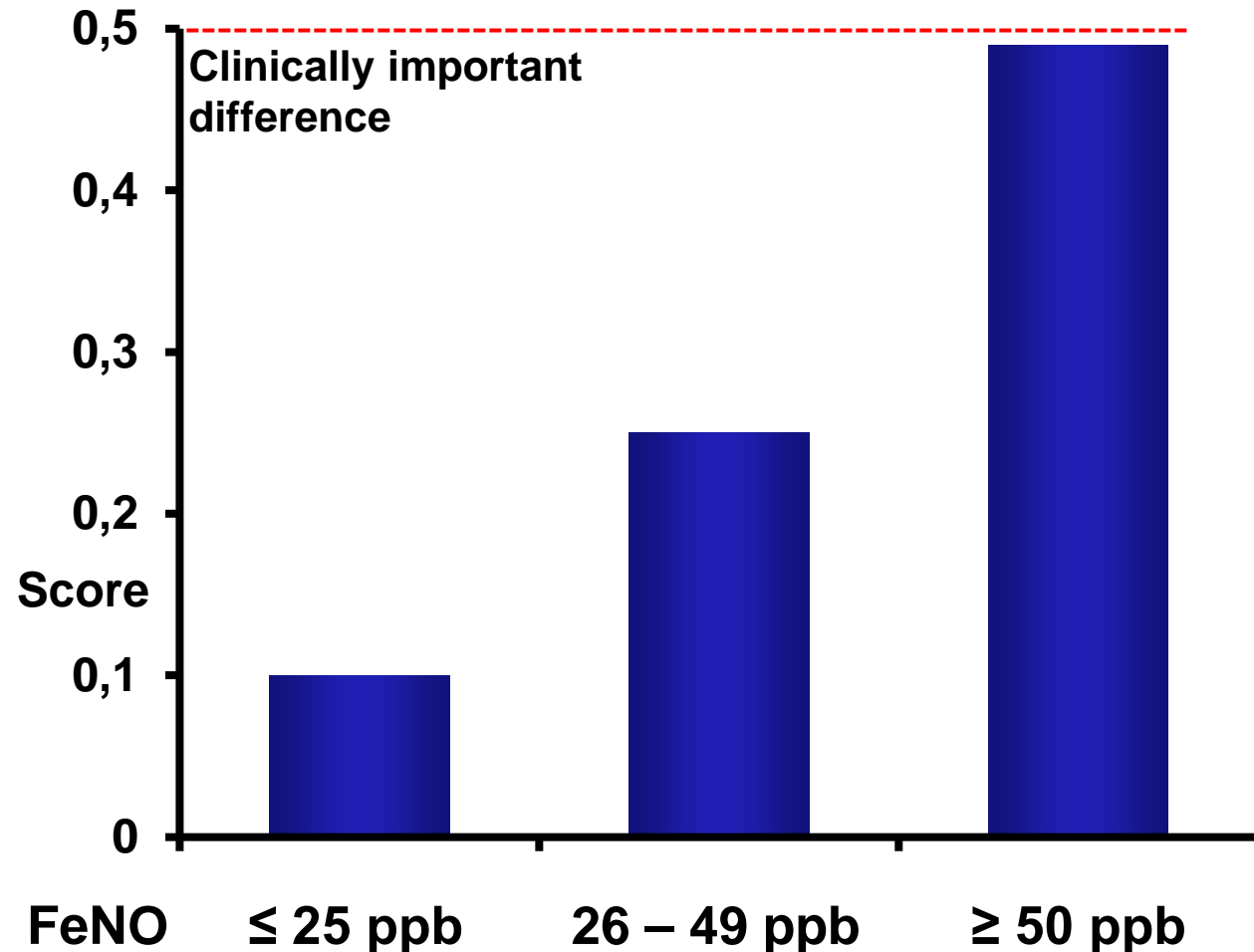
- Beclomethasone 800 µg/day (n=114)
- Placebo (n=100)

4 weeks

- Asthma Control Questionnaire (ACQ7)

Price et al. Lancet Respir Med 6(1):20-39, 2018

$\Delta$  ACQ7 [ICS – Placebo]



# Clinical applicability of FeNO

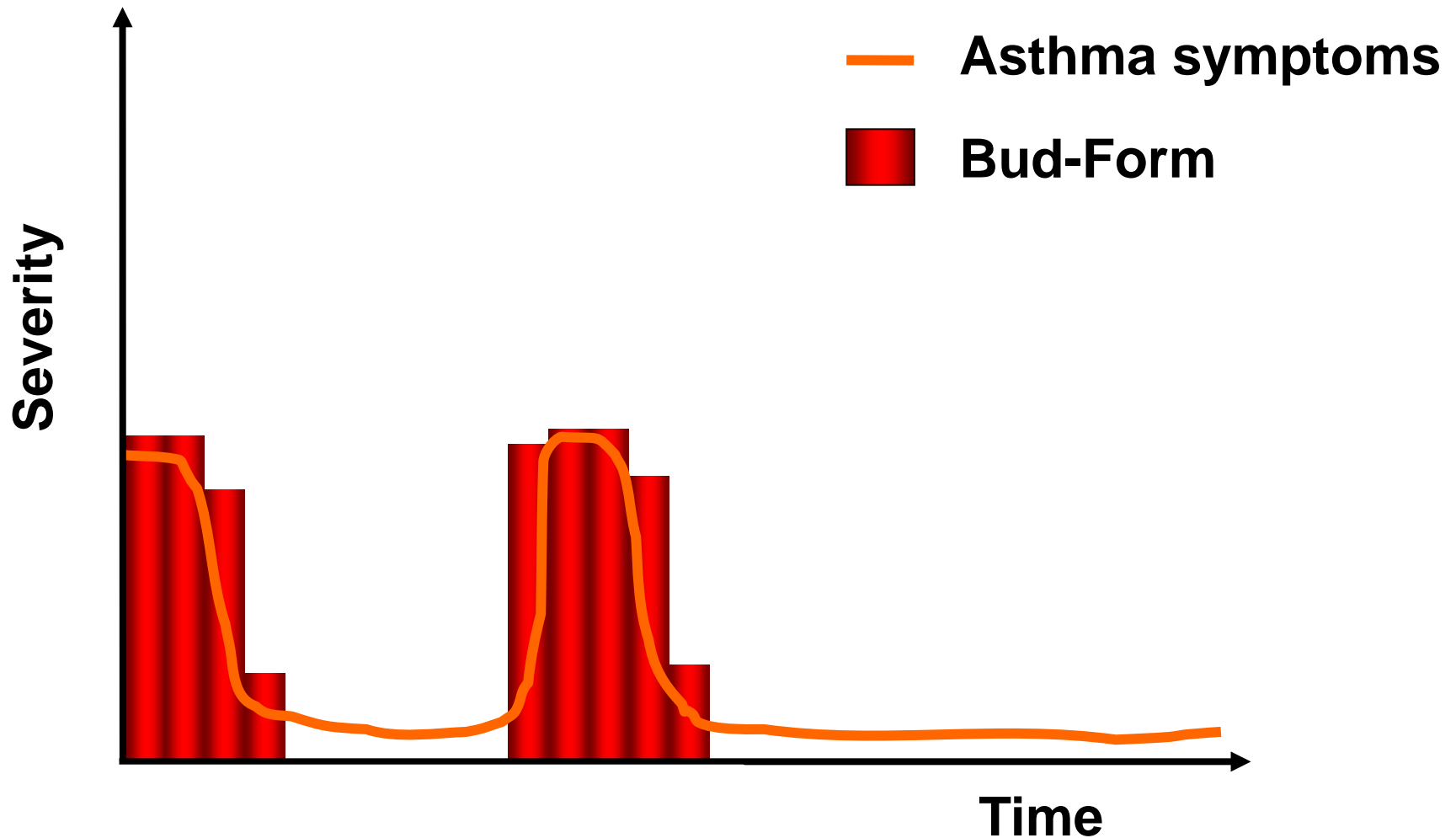
- **FeNO-guided vs. symptom-based treatment reduces exacerbation frequency (OR 0.60, 95% CI 0.43 to 0.84) with no impact on symptoms or ICS dose**
  - ➔ **FeNO measurement in frequent exacerbators**
- **Increased FeNO concentrations in ICS-naïve patients predict response to ICS treatment**
- **Low FeNO concentrations indicate low exacerbation risk in ICS-treated patients**
  - ➔ **no indication to increase ICS dose**
- **High FeNO concentrations in ICS-treated patients**
  - ➔ **question inhaler technique and treatment adherence**

Petsky et al. Cochrane Database Syst Rev 9:CD011440, 2016   Lehtimäki et al. Eur Respir J 48:706-714, 2016   Dweik et al. Am J Respir Crit Care Med 184:602-615, 2011   Chung et al. Eur Respir J 43:343-373, 2014   Price et al. Lancet Respir Med 6(1):29-39, 2018

# Asthma

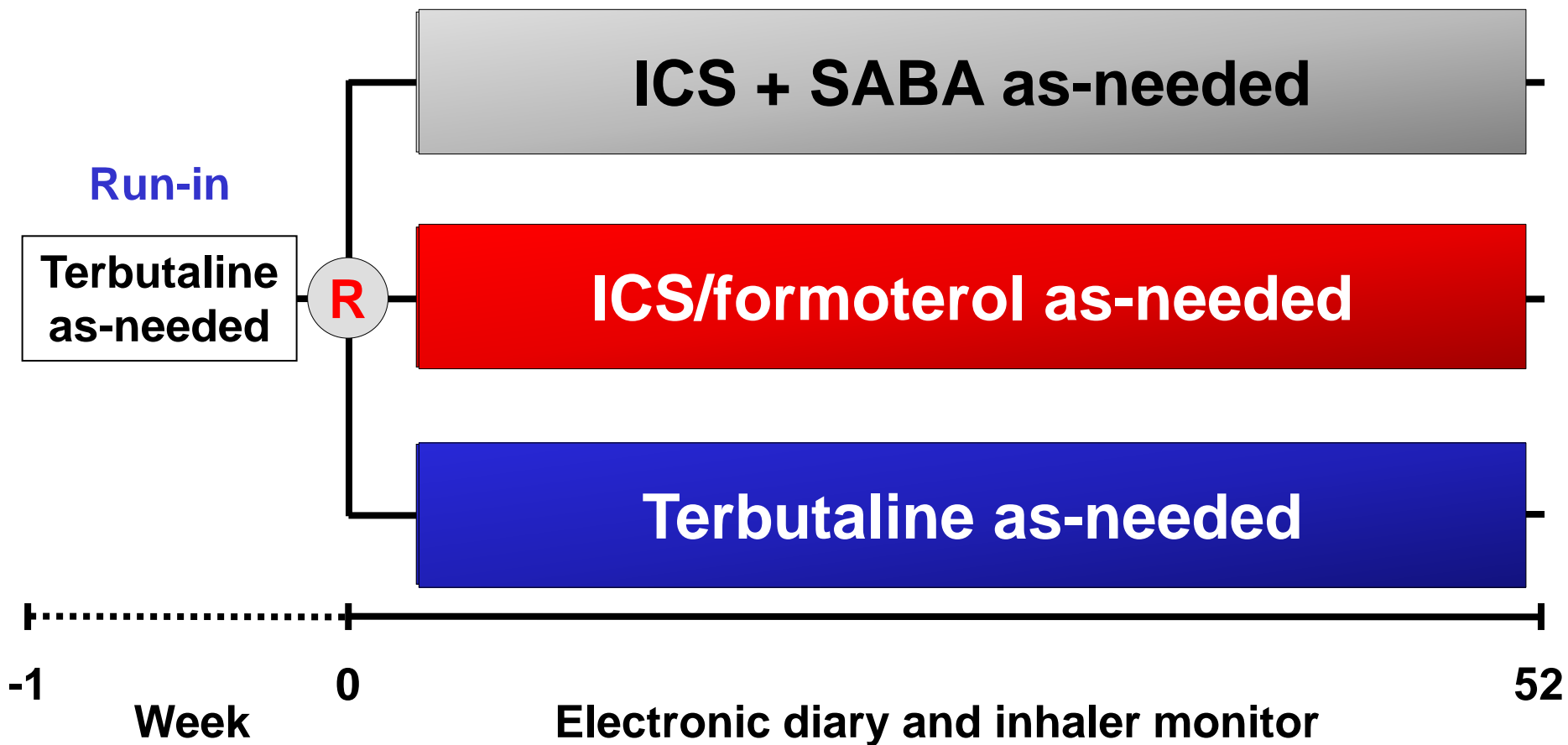
- **Diagnosis**
- **Antibiotics for asthma exacerbations**
- **What's new in GINA ?**
- **Mild-to-moderate asthma**
  - **(S)MART light**

# Fixed ICS/formoterol combination only as-needed



# Budesonide/Formoterol as-needed in mild asthma

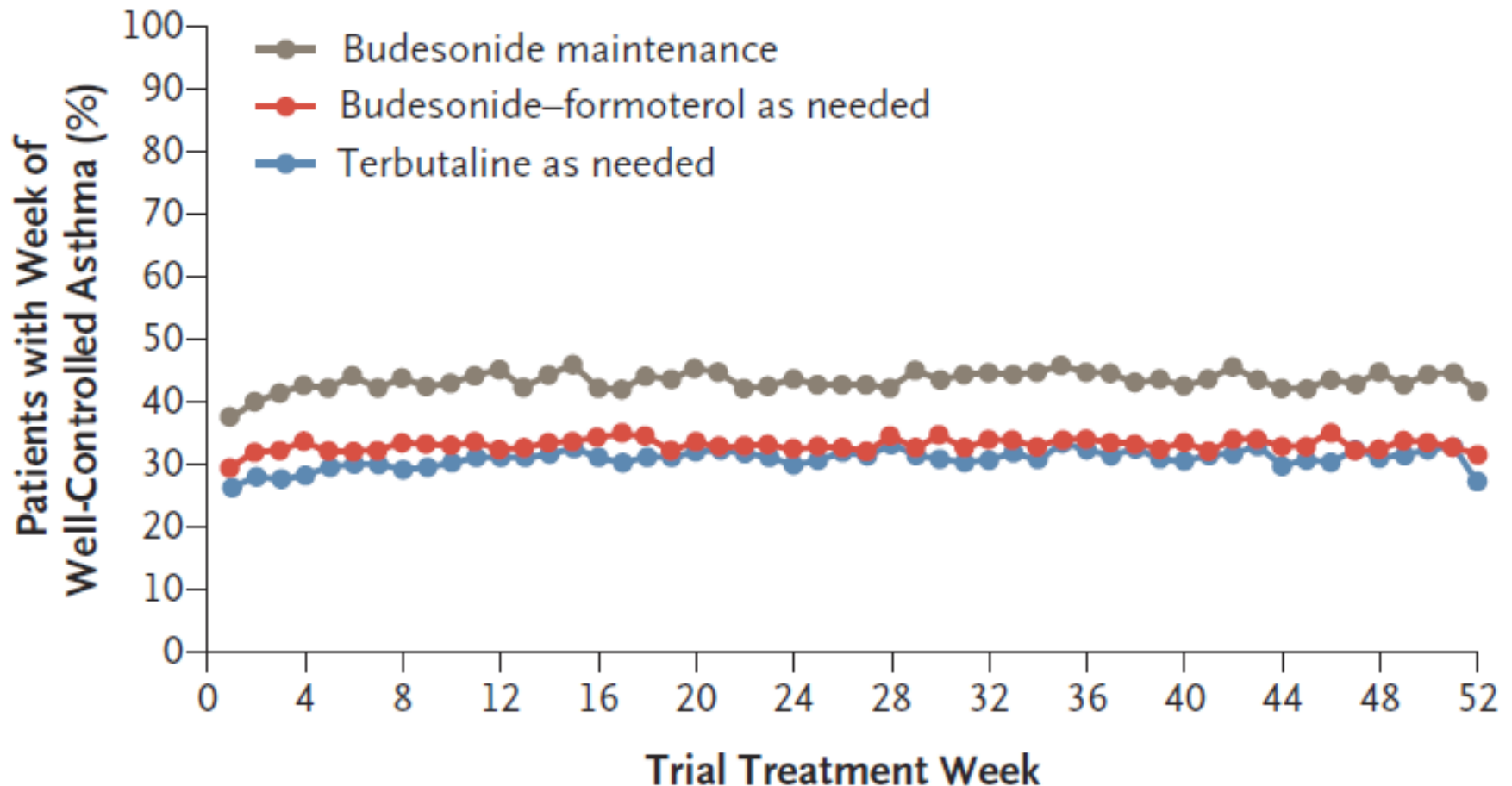
52-week, double-blind trial





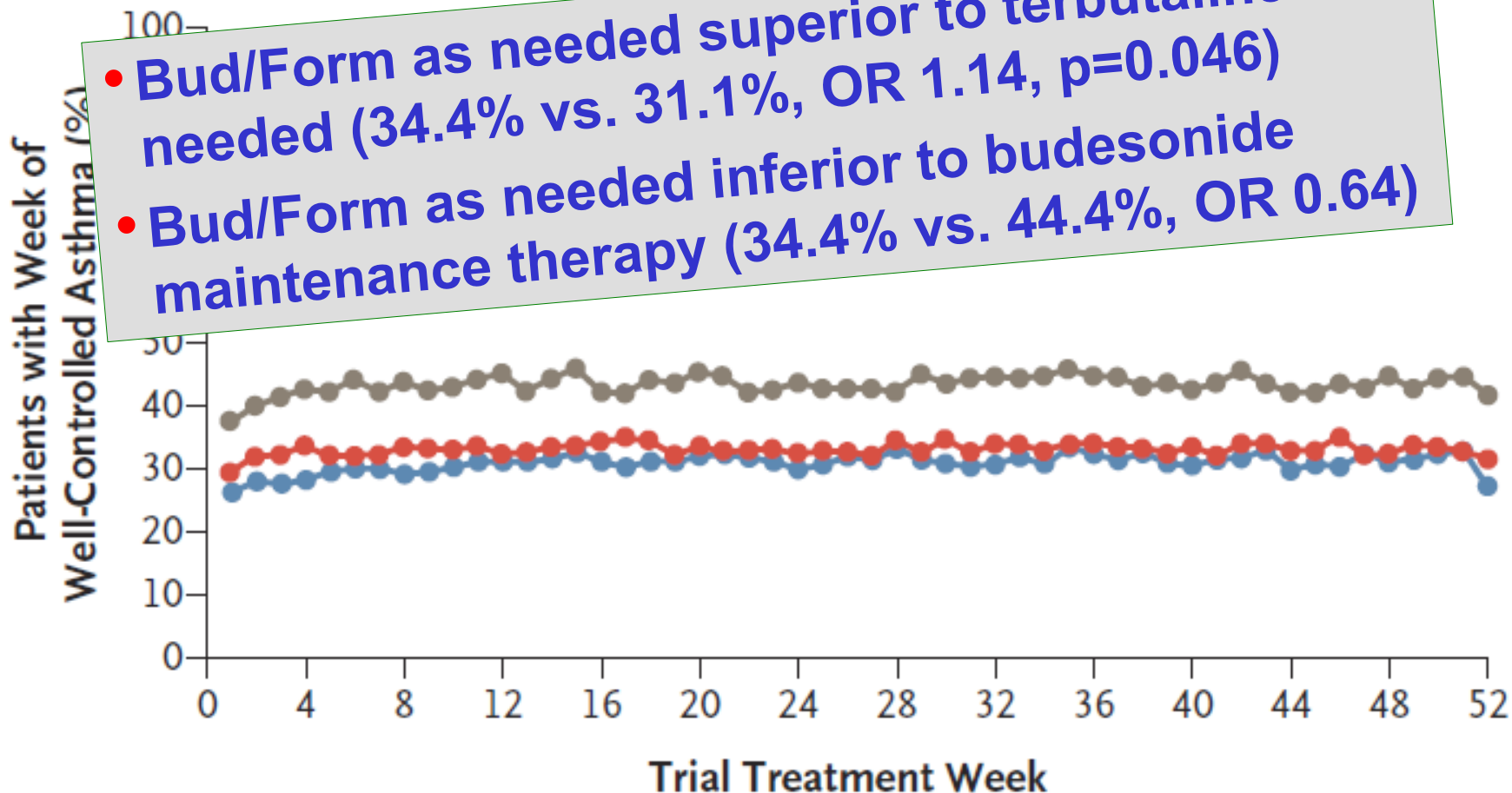
# Budesonide/Formoterol as needed in mild asthma

Weeks with well-controlled asthma

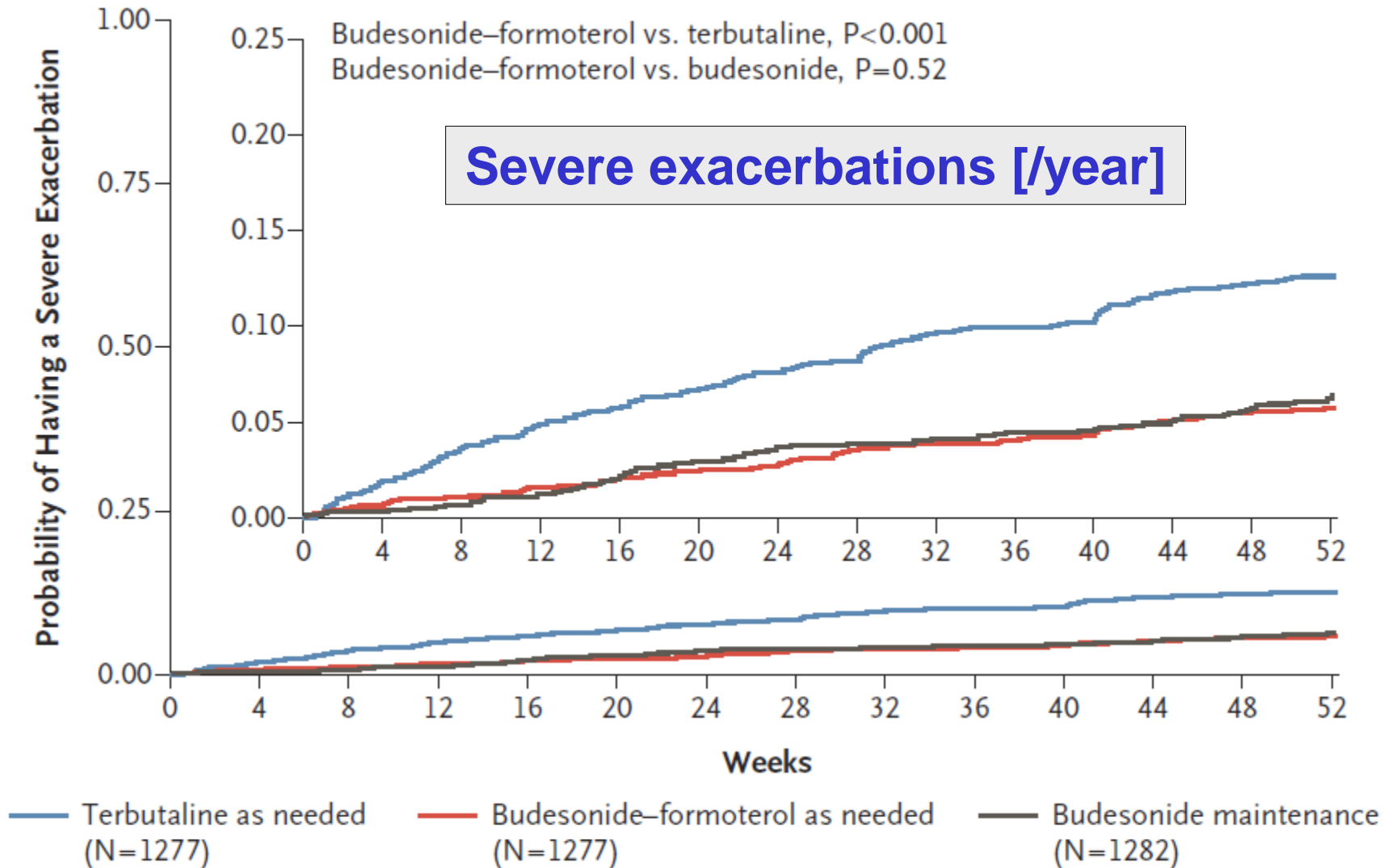


# Budesonide/Formoterol as needed in mild asthma

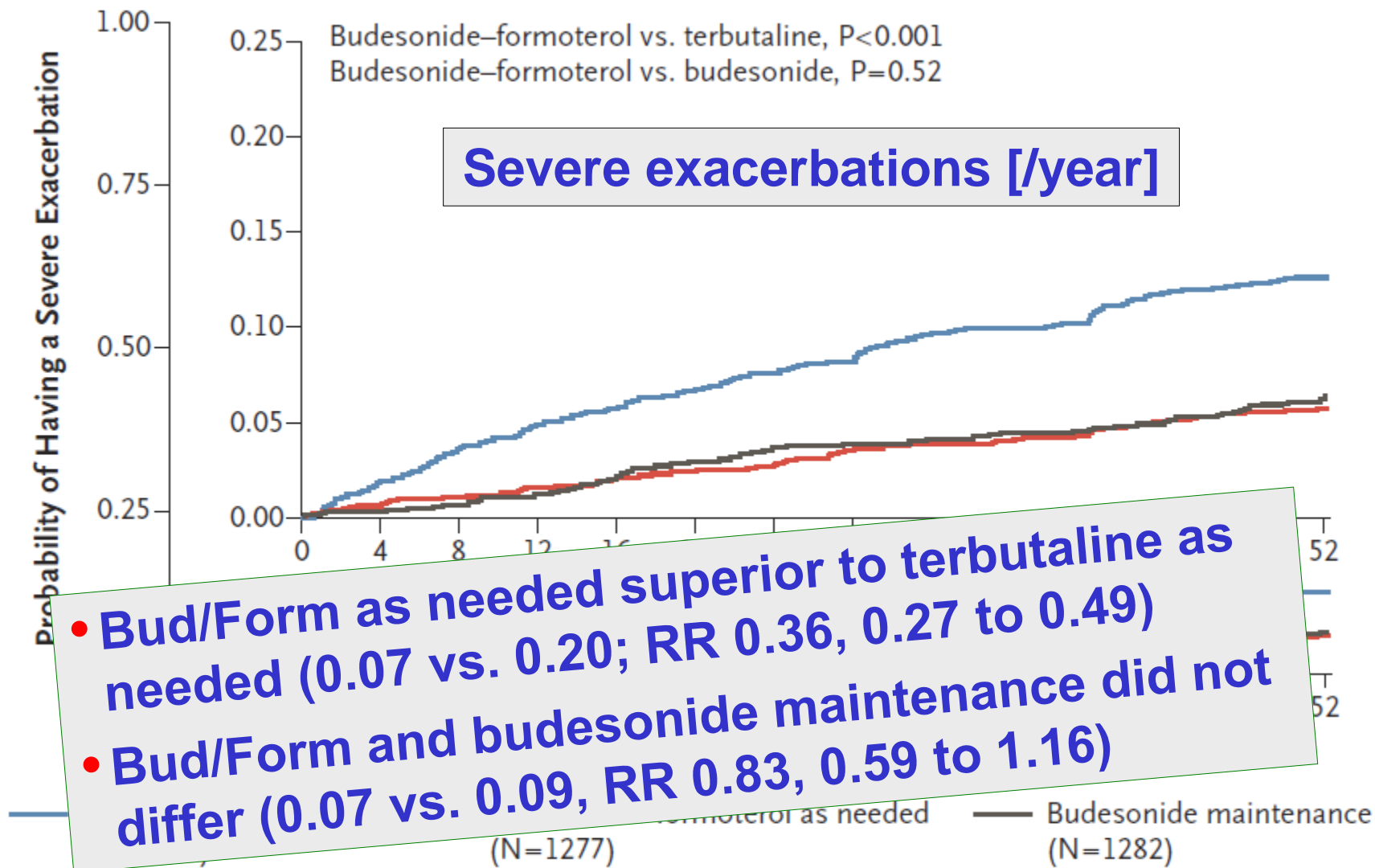
Weeks with well-controlled asthma



# Budesonide/Formoterol as needed in mild asthma



# Budesonide/Formoterol as needed in mild asthma



# **ICS/Formoterol as-needed in mild asthma**

- **BudForm as-needed provided superior asthma symptom control to as-needed terbutaline, but was inferior to budesonide maintenance therapy**
- **Exacerbation rates with the two budesonide containing regimens similar and lower than the rate with terbutaline**
- **Median daily ICS dose in the Bud/Form groups (57 / 66 µg) substantially lower than in the budesonide maintenance groups (340 / 267 µg)**

Lazarus et al. NEJM 378:1940-1942, 2018

# ICS/Formoterol as-needed in mild asthma

- BudForm as-needed provided superior asthma symptom control
  - This may not be enough for patients who are unhappy with any symptoms or a need for rescue inhaler use
  - Many others may prefer to accept occasional mild symptoms and inhaler use if it frees them from daily use of inhaled glucocorticoids while preventing loss of lung function and exacerbations
- For these patients, “Two out of three ain’t bad!”

Lazarus et al. NEJM 378:1940-1942, 2018

# Asthma

- **Diagnosis**
- **Antibiotics for asthma exacerbations**
- **What's new in GINA ?**
- **Mild-to-moderate asthma**
  - **(S)MART light**
  - **Quadrupling ICS dose**

# Quadrupling inhaled glucocorticoid dose to abort asthma exacerbations

1871 asthma patients  
≥1 exacerbation last year

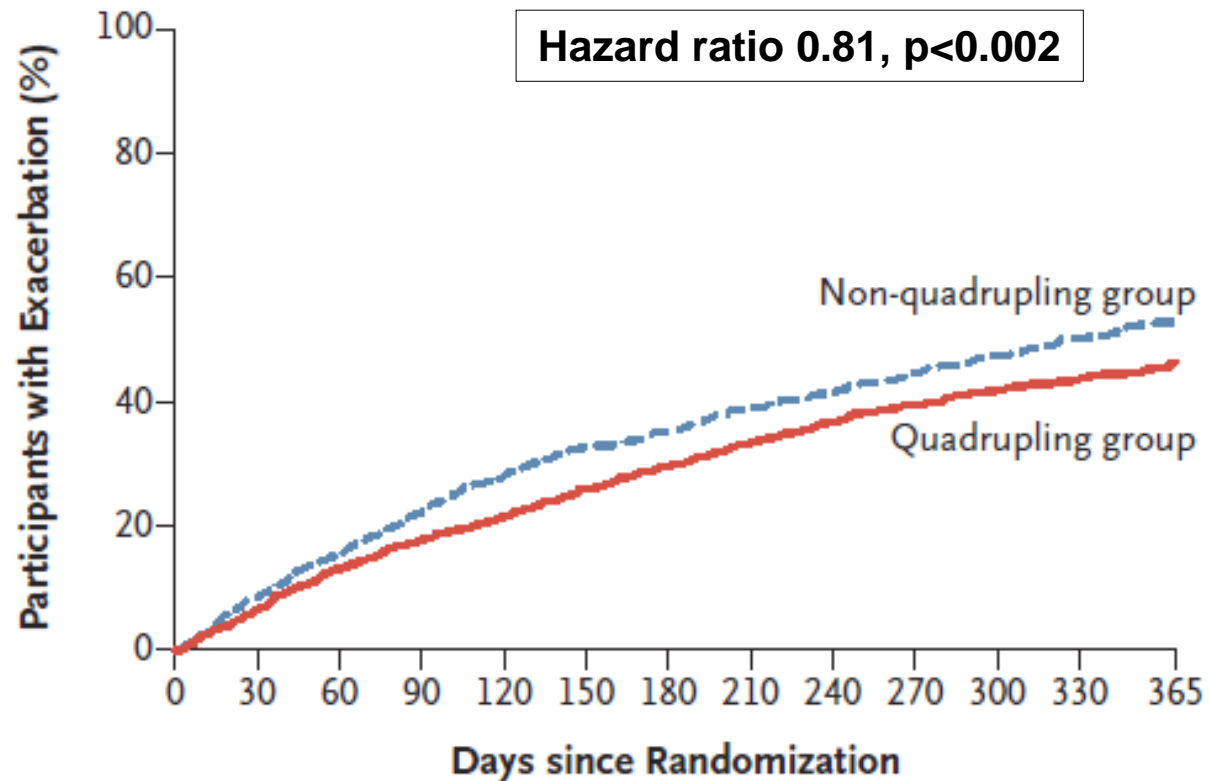
- Reliever use ↑
- Difficulty sleeping
- Peak flow < 80% PB

- Quadruple ICS dose for ≤ 14 days
- Placebo

12 months

- Time to first exacerbation

## Time to first severe exacerbation





# Quadrupling inhaled glucocorticoid dose to abort asthma exacerbations

1871 asthma patients  
≥1 exacerbation last year

Time to first severe exacerbation

- Reliever use ↑
- Difficulty sleeping
- Peak flow < 80% PB

Hazard ratio 0.81,  $p < 0.002$

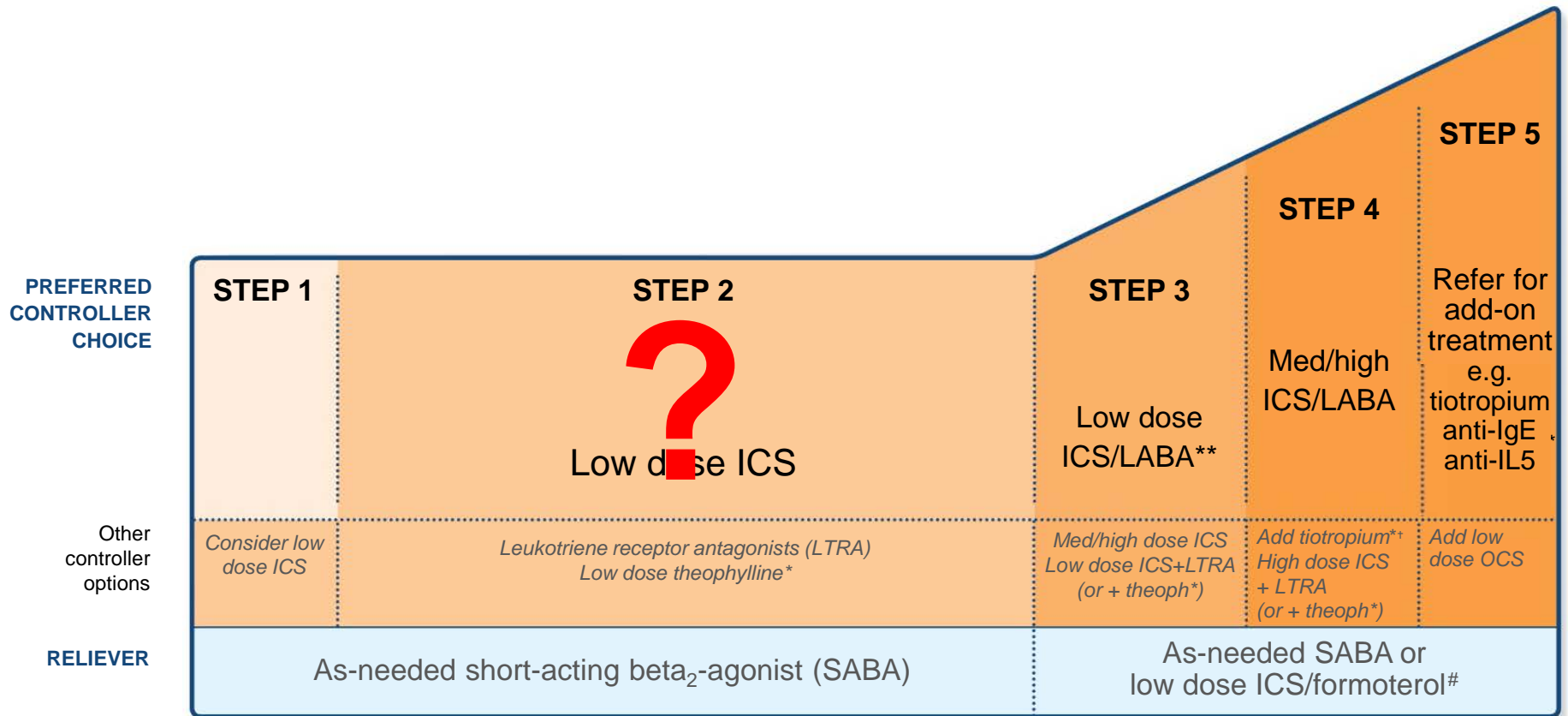
Exacerbation (%)

- Quadrupling ICS
- 45% of patients in the quadrupling group versus 52% in the control arm with a severe exacerbation
- The authors postulated a 30% reduction in exacerbations would represent a worthwhile effect, the trial showed only a 19% reduction
- Urgent need to phenotype asthma exacerbations

PG Bardin. N Engl J Med 378(10):950-952, 2018

McKeever et al. N Engl J Med 378(10):902-910, 2018

# Stepwise asthma treatment for adults and adolescents



\*Not for children <12 years. \*\*For children 6–11 years, the preferred Step 3 treatment is medium dose ICS.

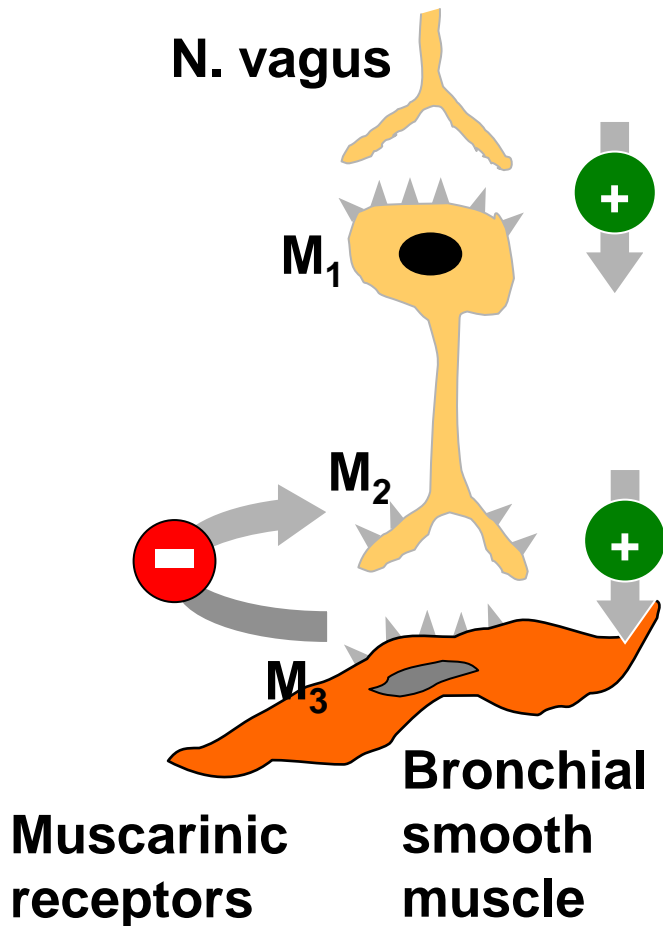
# Low dose ICS/formoterol is the reliever medication for patients prescribed low dose budesonide/formoterol or low dose beclometasone/formoterol for maintenance and reliever therapy.

†Tiotropium by mist inhaler is an add-on treatment for patients with a history of exacerbations (not for children <12 years)

www.ginasthma.org

# Asthma

- **Diagnosis**
- **Antibiotics for asthma exacerbations**
- **What's new in GINA ?**
- **Mild-to-moderate asthma**
  - (S)MART light
  - Quadrupling ICS dose
  - Tiotropium

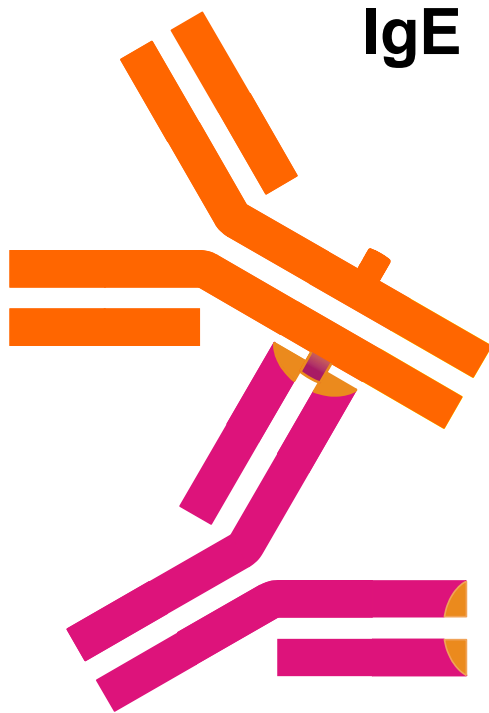


# Asthma

- **Diagnosis**
- **Antibiotics for asthma exacerbations**
- **What's new in GINA ?**
- **Mild-to-moderate asthma**
- **Biologics in severe asthma**

# Biologics in severe asthma

- **Anti - IgE**
  - Omalizumab



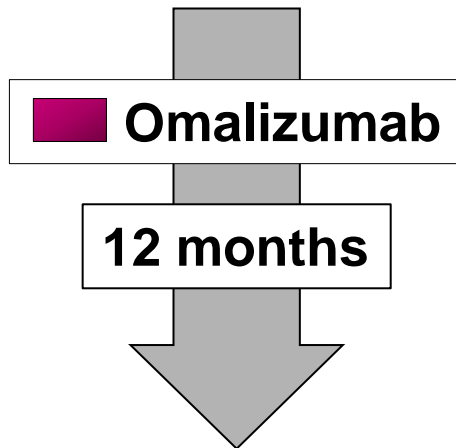
**Anti - IgE**

# Phenotype ,allergic asthma‘

- Usually early disease onset
- Symptoms related to allergen exposure
- Allergic comorbidities
- Skin prick test positive
- Total (and specific) IgE
- Treatment response to glucocorticosteroids and omalizumab

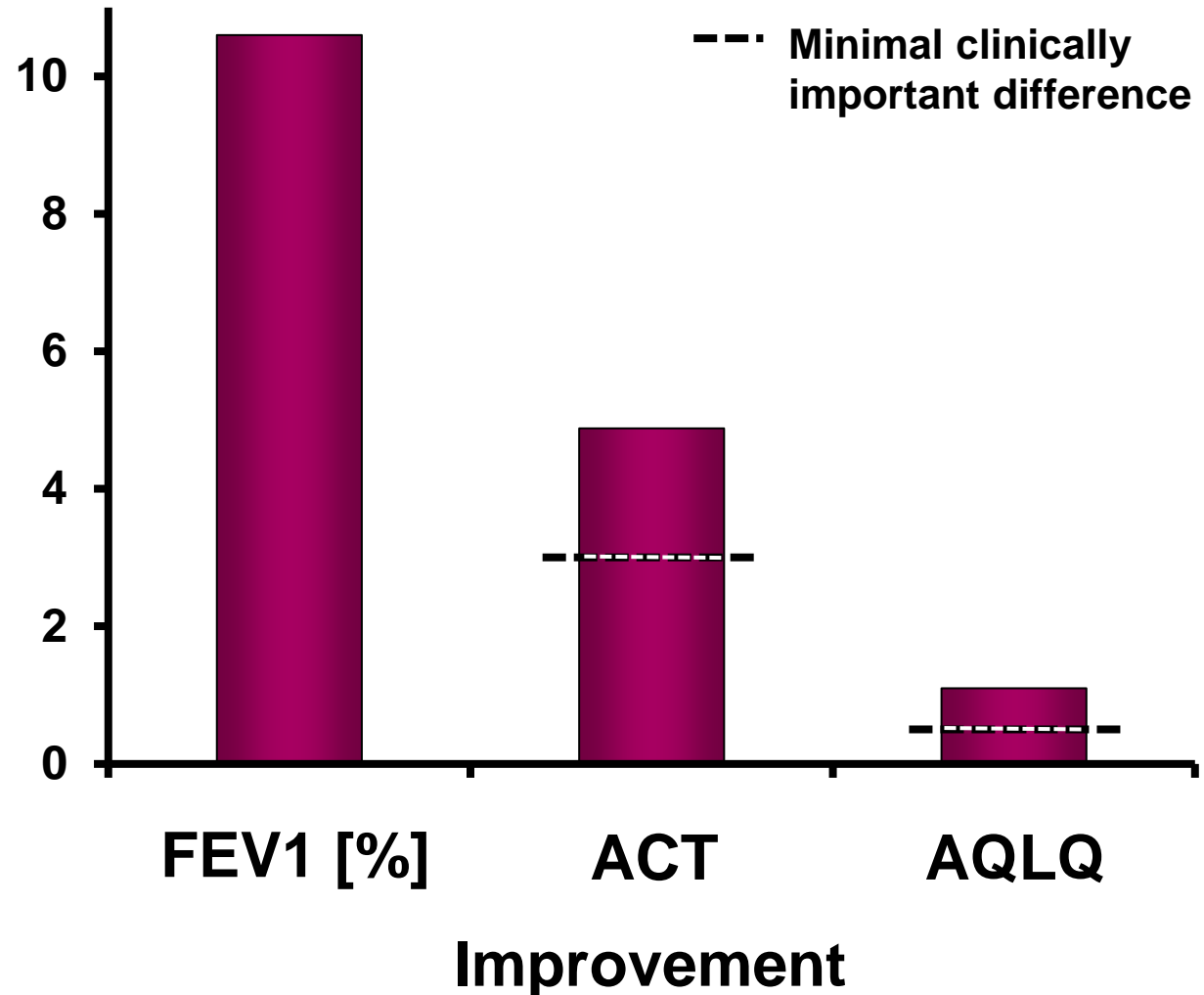
# 'Real-life' effectiveness of omalizumab in severe allergic asthma

9213 asthma patients  
in 25 controlled trials



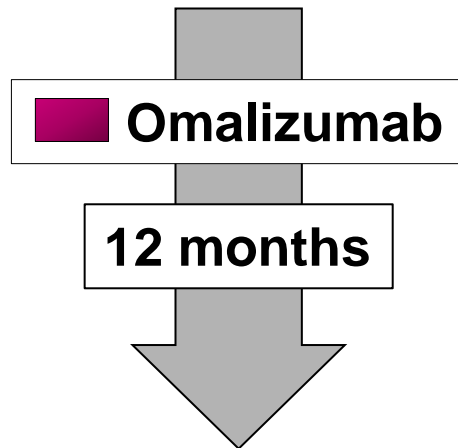
- Real-life effectiveness

Alhossan et al.  
J Allergy Clin  
Immunol Pract  
5(5):1362-1370, 2017



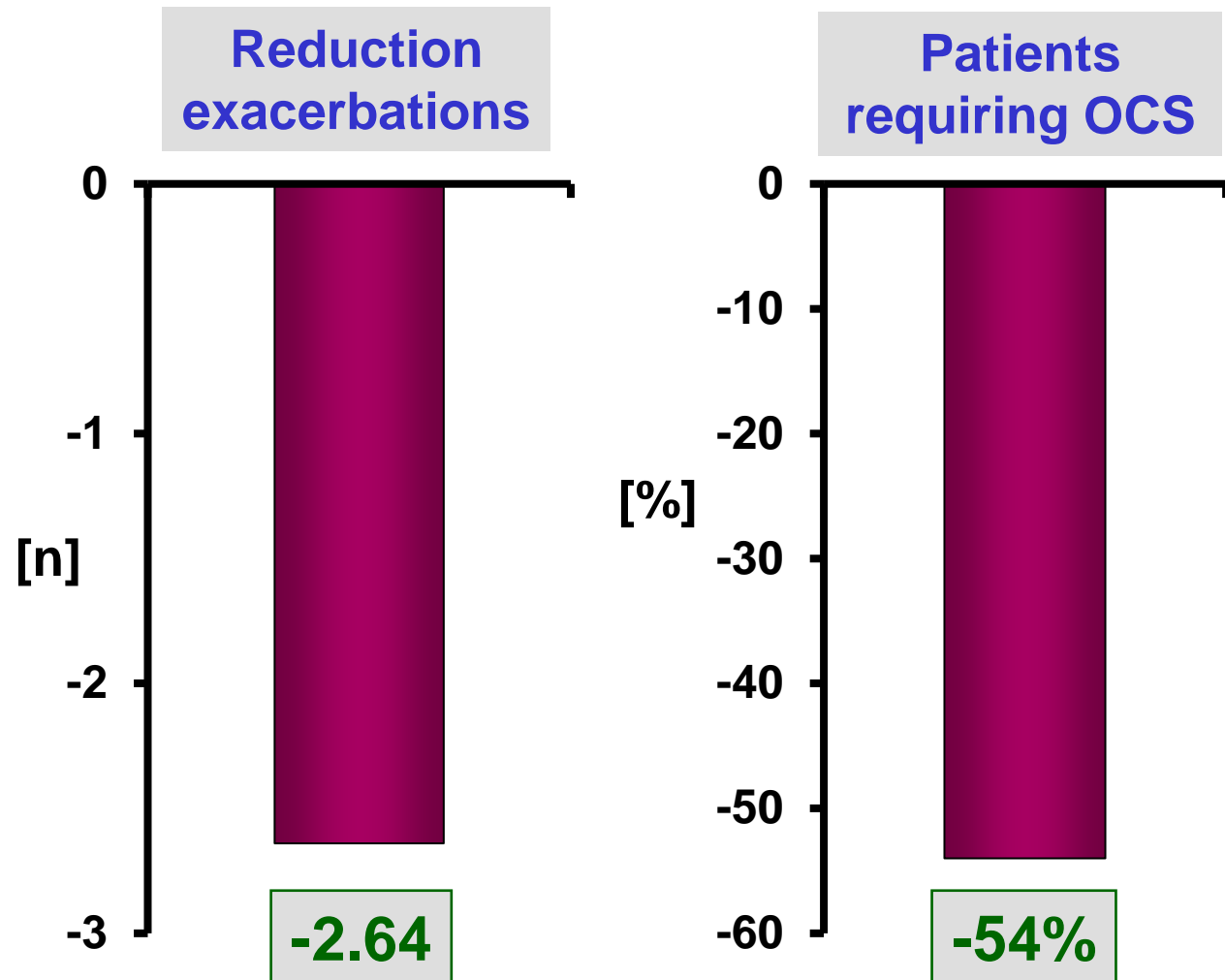
# 'Real-life' effectiveness of omalizumab in severe allergic asthma

9213 asthma patients  
in 25 controlled trials



- Real-life effectiveness

Alhossan et al.  
J Allergy Clin  
Immunol Pract  
5(5):1362-1370, 2017





# Persistence of omalizumab response after long-term therapy

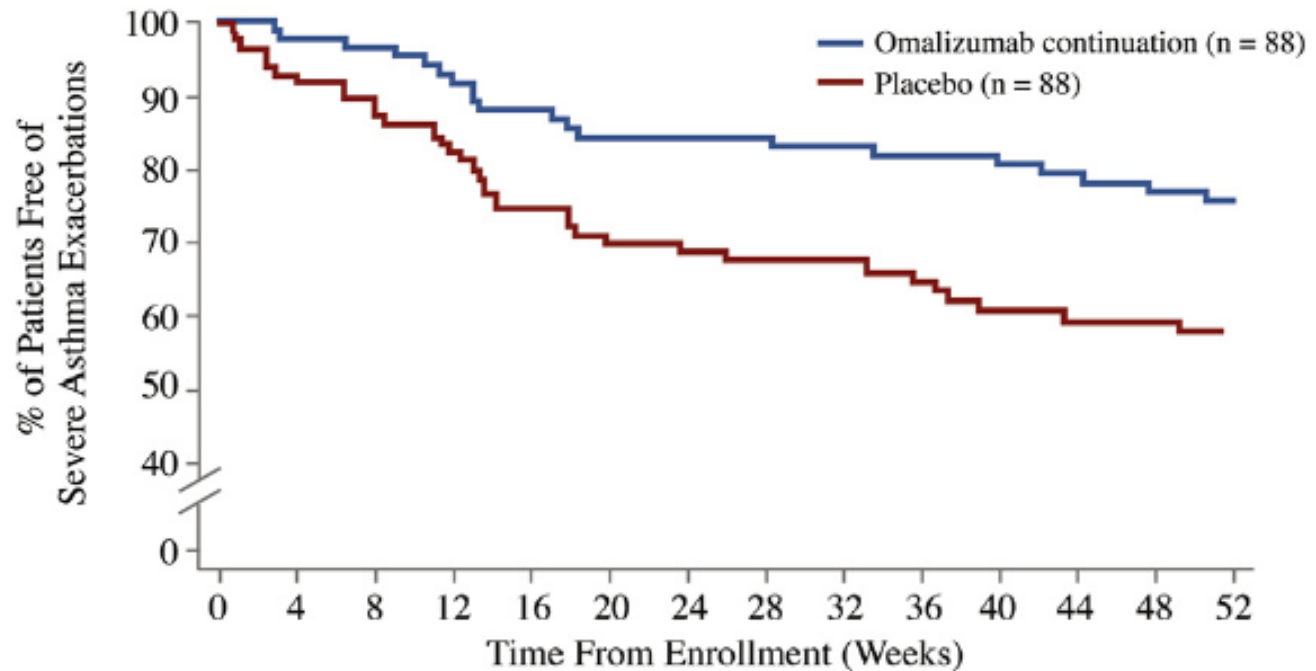
- Moderate-to-severe asthma
- Omalizumab for ~ 5 yr.

- Continue omalizumab
- Withdraw to placebo

1 year

- Severe asthma exacerbation
- Asthma control

## Time to 1<sup>st</sup> exacerbation



# Persistence of omalizumab response after long-term therapy

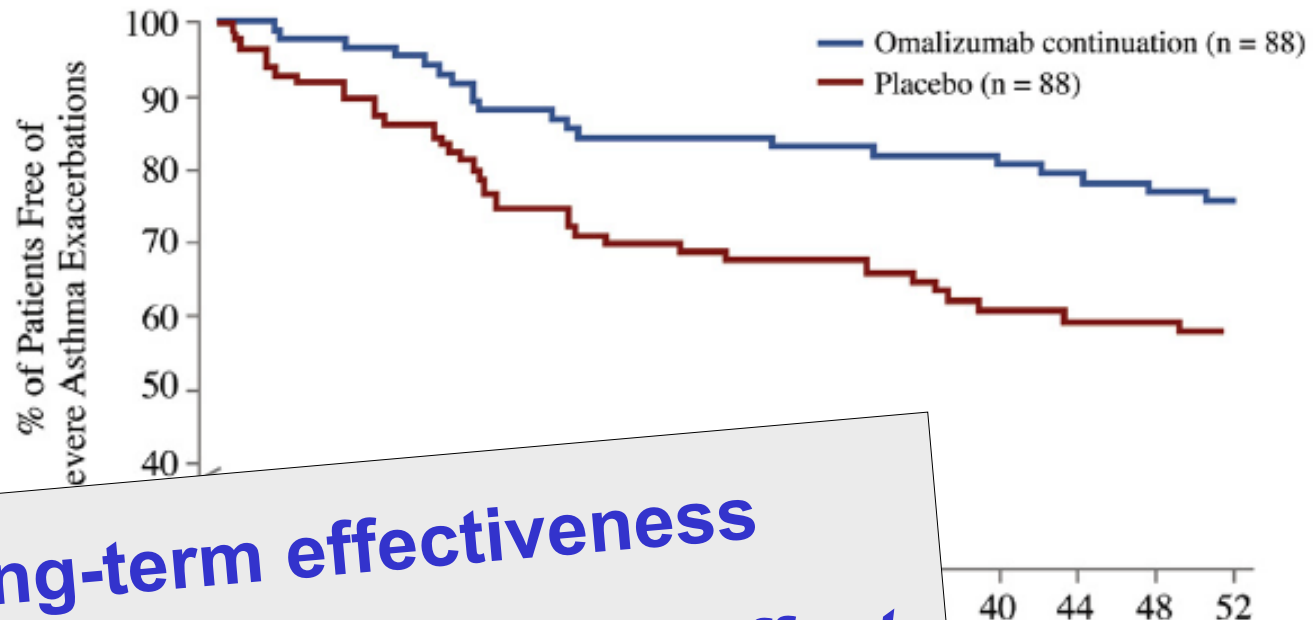
- Moderate-to-severe asthma
- Omalizumab for ~ 5 yr.

- Continue omalizumab
- Withdraw to placebo

1 year

- Severe asthma exacerbation
- Asthma control

Time to 1<sup>st</sup> exacerbation

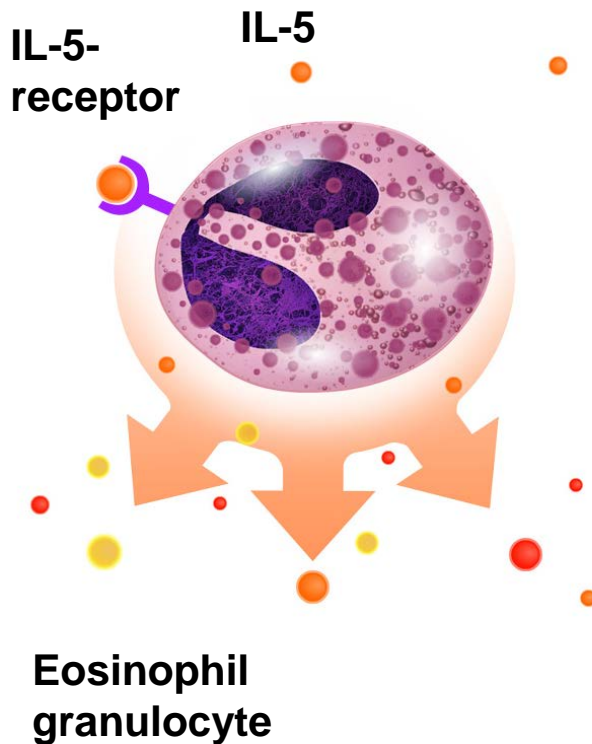


- Long-term effectiveness
- No disease modifying effect

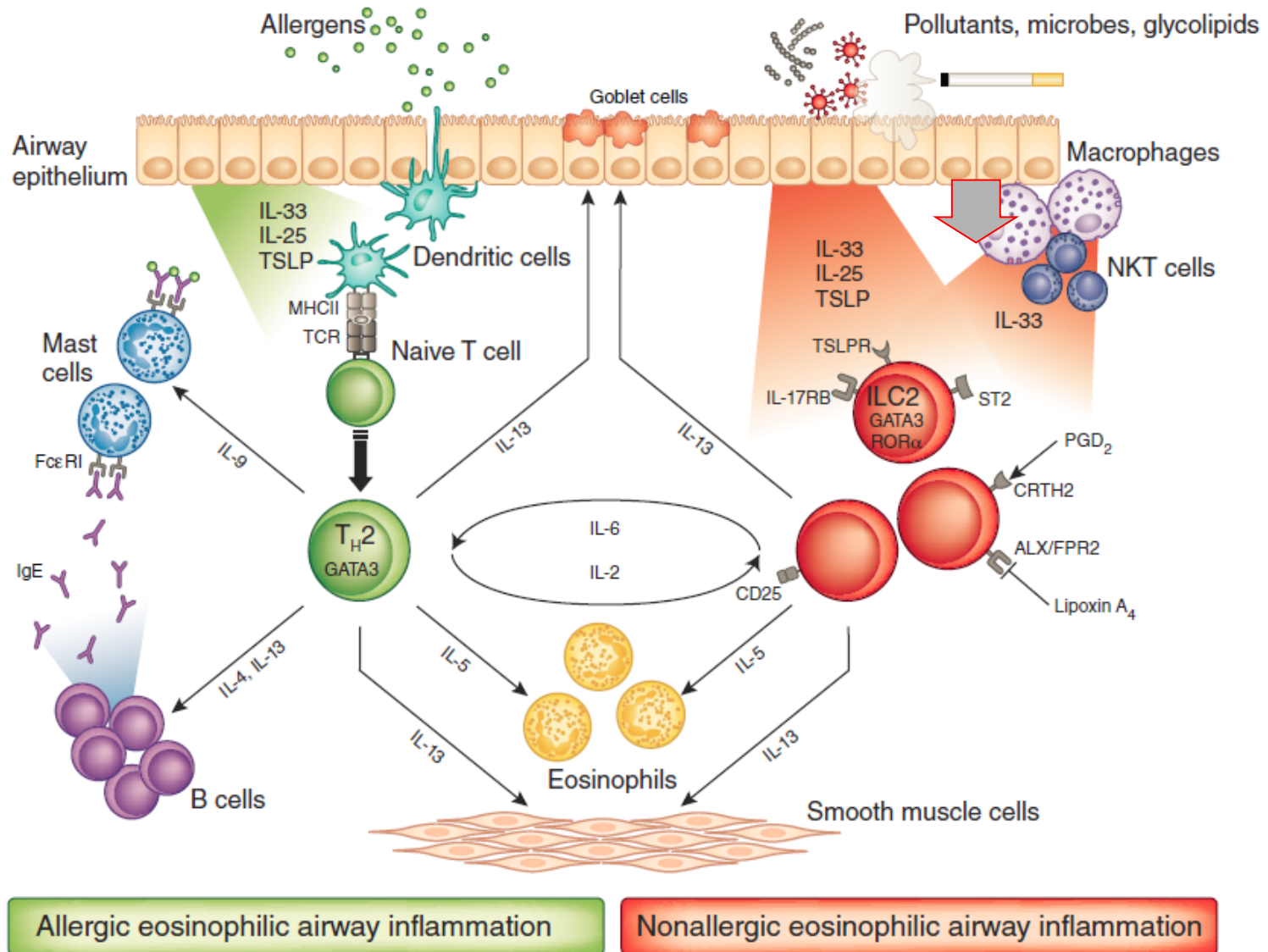
# Biologics in severe asthma

- **Anti - IgE**
  - Omalizumab

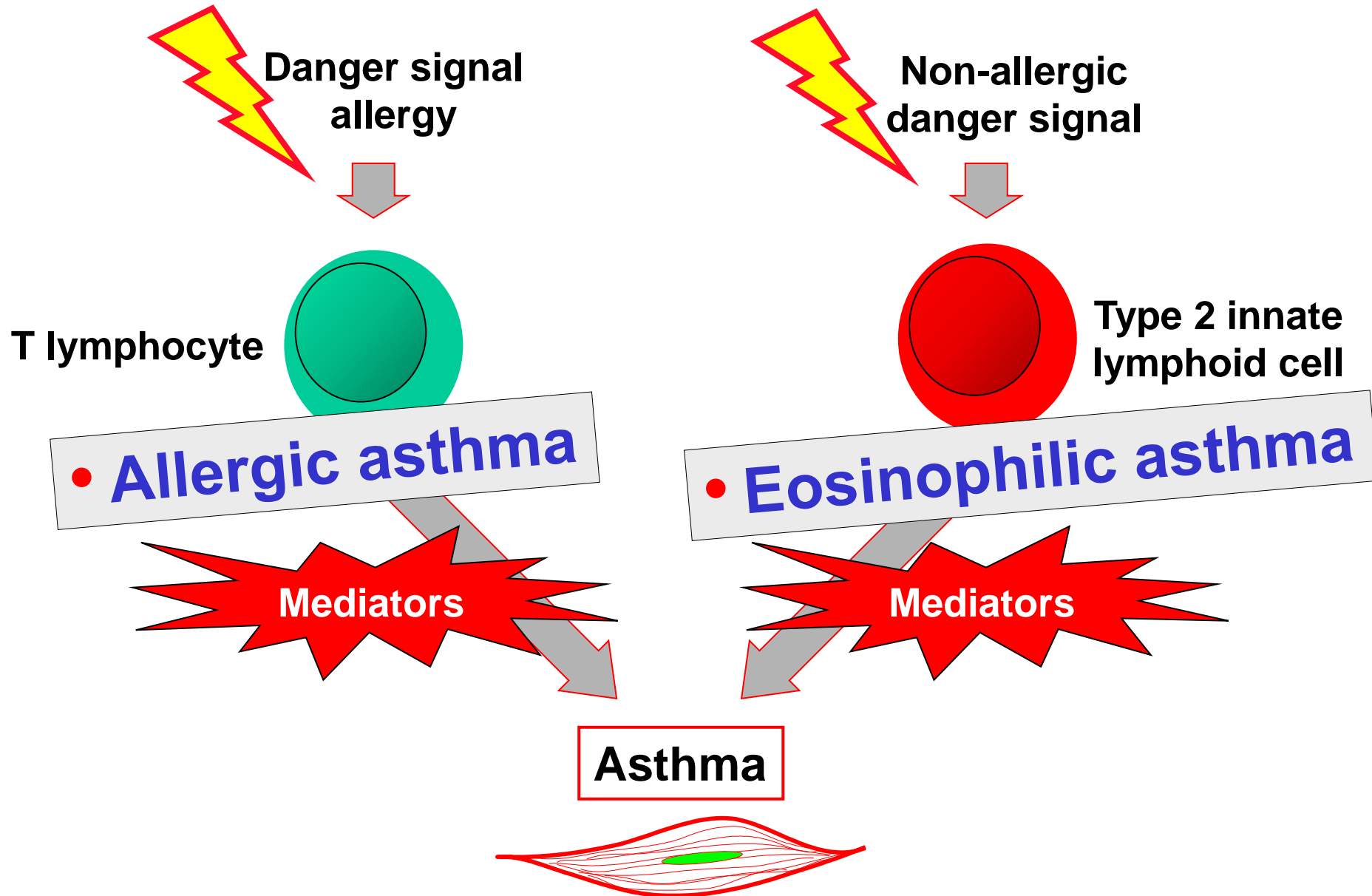
- **Anti - IL-5**
  - Mepolizumab
  - Reslizumab
  - Benralizumab (anti-IL-5 receptor)



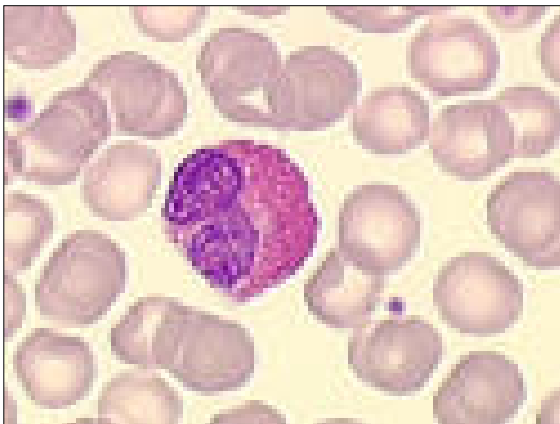
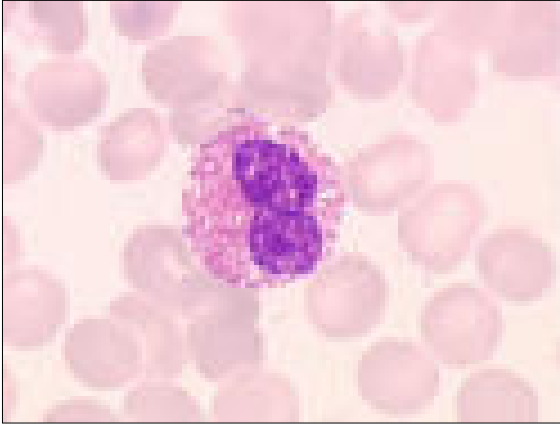
# Airway inflammation in asthma



# Airway inflammation in asthma



# Phenotype 'eosinophilic' asthma

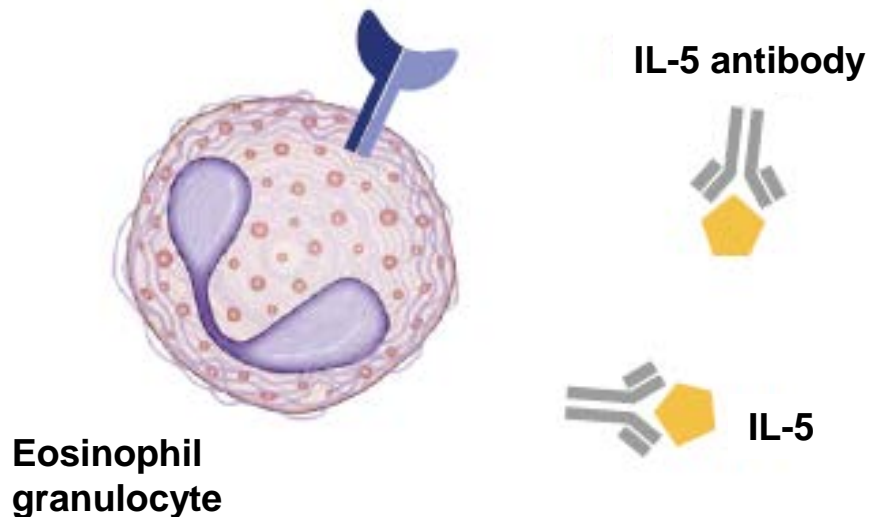


- Late onset of disease
- Symptoms ↑, exacerbations ↑
- Eosinophilia in blood ( $\pm$  sputum)
- No *clinically relevant* allergy
- $\pm$  Nasal polyposis  
- smell ↓ & taste ↓
- Response to (oral) glucocorticoids and anti - IL-5

# Eosinophil depletion by monoclonal antibodies

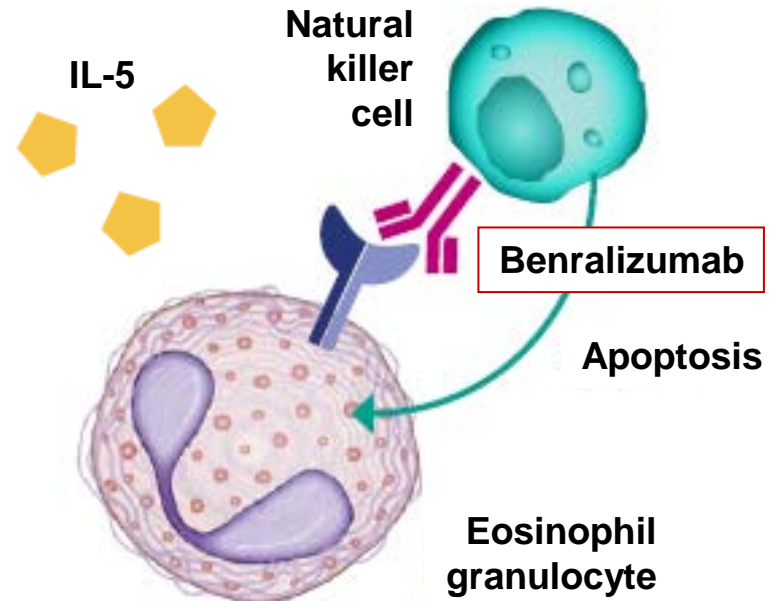
## Anti-IL-5 antibodies mepolizumab & reslizumab

- IL-5 essential for eosinophil mobilisation, maturation, activation, and survival



## Anti-IL-5-receptor antibody benralizumab

- Binds to IL-5R $\alpha$  and depletes eosinophils via antibody-dependent cell-mediated cytotoxicity



# Anti - IL-5 antibodies: Clinical efficacy

	<b>Mepolizumab</b>	<b>Reslizumab</b>	<b>Benralizumab</b>
Exacerbations ↓ (vs. placebo)	54% sc, 47% iv (80% at ≥500 eos)	50–60% at ≥400 eos	28–51% at ≥300 eos
FEV <sub>1</sub> ↑ (%)	98 mL (6%)	160 mL (7%) and 270 mL (12%)	106 - 159 mL at ≥300 eos
Asthma symptoms (ACQ5/6)	0.44 (0.75 at ≥500 eos)	0.36	0.19 - 0.29 at >300 eos
Oral steroids ↓	50% median	No study	50% median
Dosage	q4w 100 mg sc	q4w 3 mg/kg iv	30 mg q4/8w sc

1. Ortega et al. N Engl J Med 2014
2. Bel et al. N Engl J Med 2014
3. Bjermer et al. Chest 2016
4. Corren et al. Chest 2016
5. Fitzgerald et al. Lancet 2016
6. Bleecker et al. Lancet 2016
7. Nair et al. N Engl J Med 376(25):2448-2458, 2017



# Benralizumab for mild-to-moderate asthma

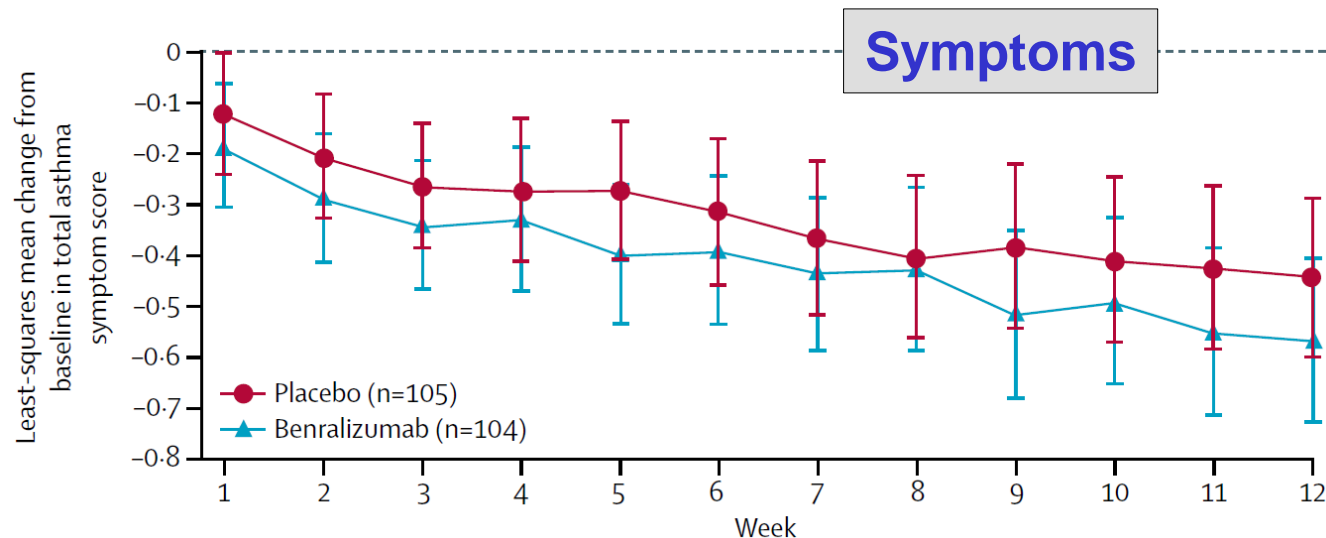
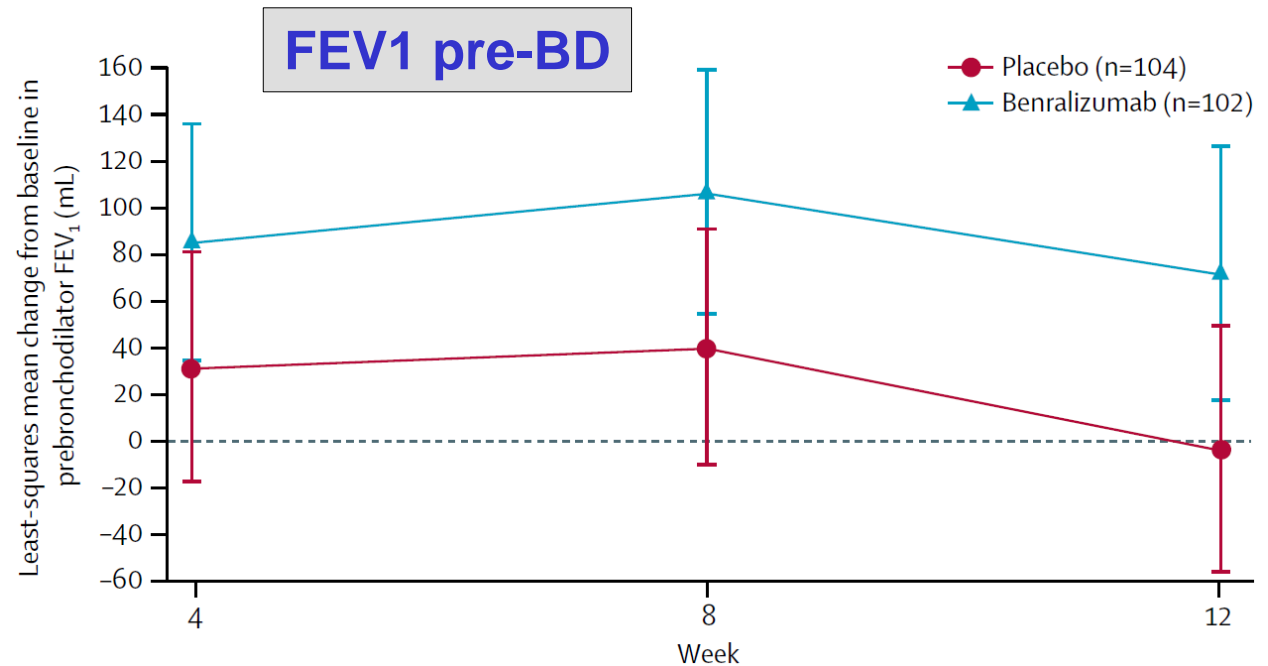
211 asthma patients  
FEV<sub>1</sub> pre-BD >50-90%,  
uncontrolled despite  
LD-MD ICS or  
LD ICS + LABA

- Benralizumab  
30 mg sc  
every 4 weeks
- Placebo

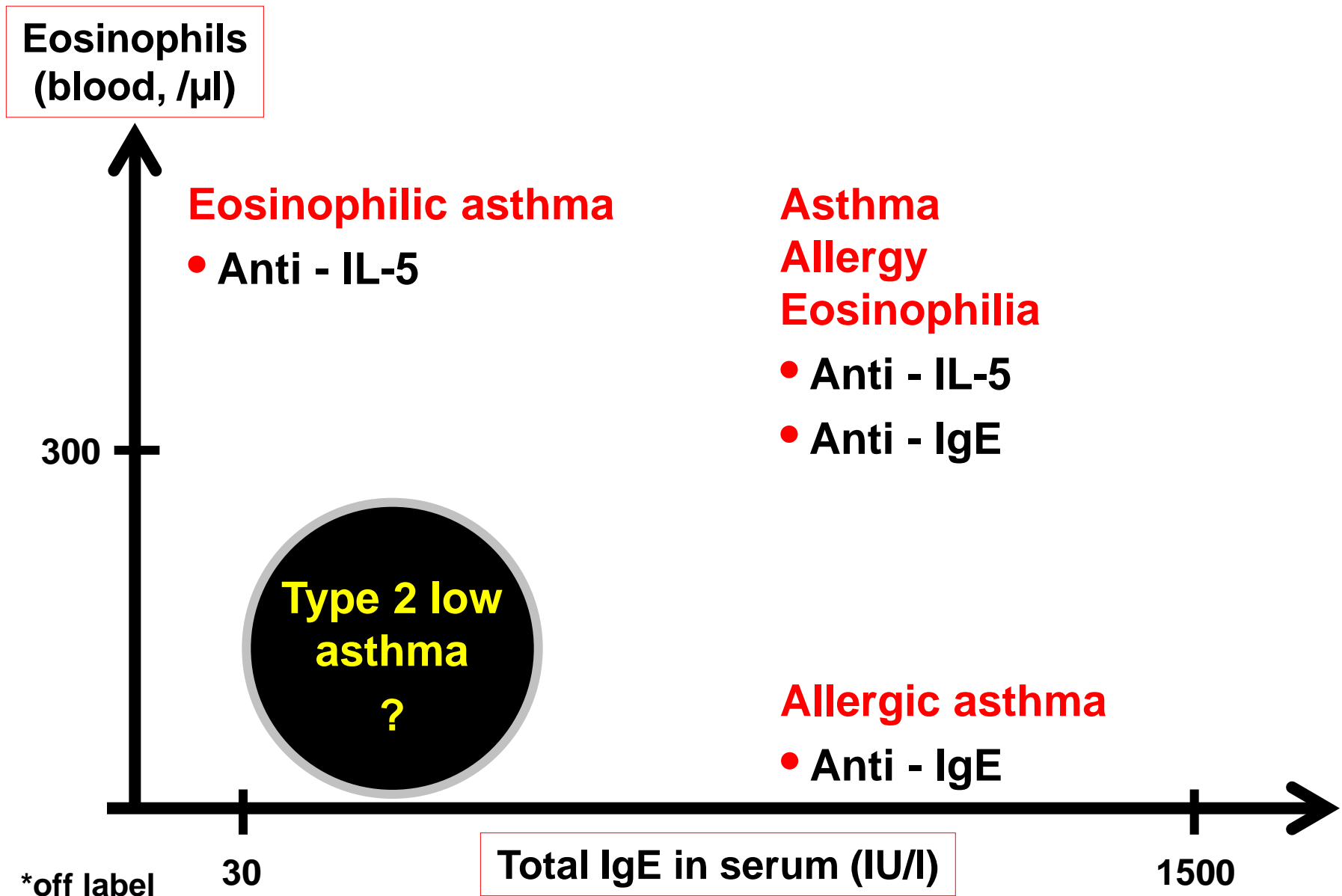
12 weeks

- $\Delta$ FEV<sub>1</sub> pre-BD
- Symptoms

Ferguson et al.  
Lancet Respir Med  
5(7):568-576, 2017



# Targeted treatments in severe asthma



# Diagnosis of severe eosinophilic asthma

## Major criteria

- Severe asthma
- Blood eosinophilia ( $\geq 2$  occasions)
- Frequent exacerbations ( $\geq 2$  per year)
- Dependence (continuous or intermittent) on oral corticosteroids

## Minor criteria

- Late onset of disease
- Upper airway disease (chronic rhinosinusitis, often with nasal polyposis)
- Other biomarkers (FeNO?)
- Fixed airflow obstruction
- Air trapping / presence of mucus plugs

# Blood eosinophils and asthma exacerbations

## Copenhagen General Population Study

- 81351 participants
- 4838 with self-reported asthma

2003 - 2011

- Blood eosinophils
- Asthma exacerbations

### Blood eosinophils

### Multivariable-adjusted model

#### Moderate exacerbations

$<0.18 \times 10^9/L$

$0.18-0.29 \times 10^9/L$

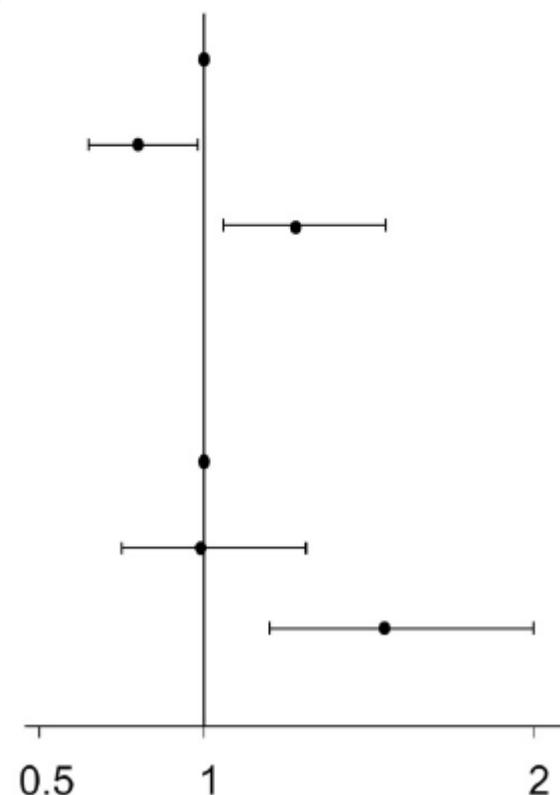
$>0.29 \times 10^9/L$

#### Severe exacerbations

$<0.18 \times 10^9/L$

$0.18-0.29 \times 10^9/L$

$>0.29 \times 10^9/L$



# Predictors of response with benralizumab for severe asthma: SIROCCO and CALIMA

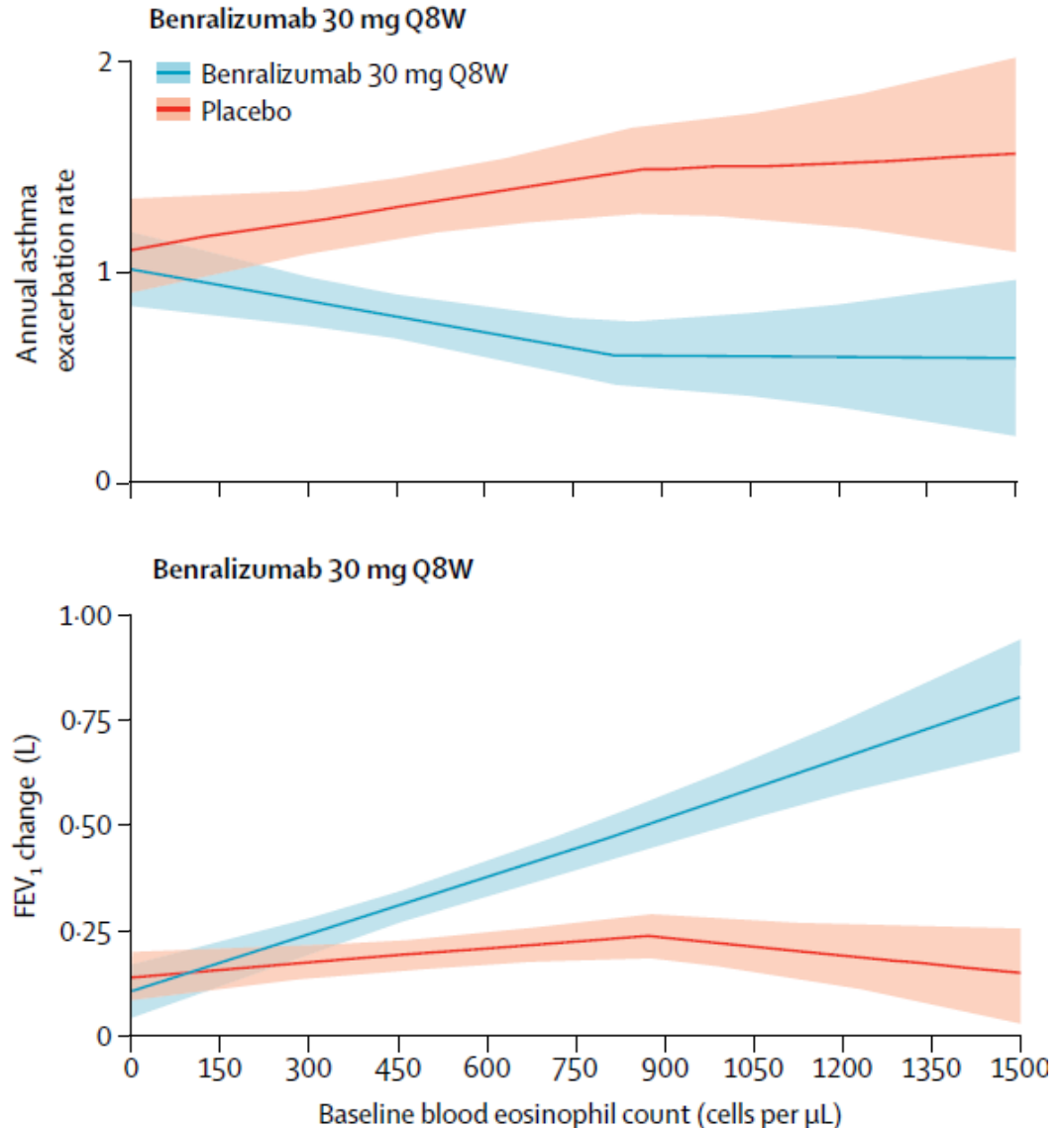
2295 asthma patients  
12-75 yrs., MD - HD ICS +  
LABA,  $\geq 2$  exac./prev. year

- Benralizumab 30 mg s.c. Q4W
- Benralizumab 30 mg s.c. 3x Q4W  $\rightarrow$  Q8W
- Placebo

48 / 56 weeks

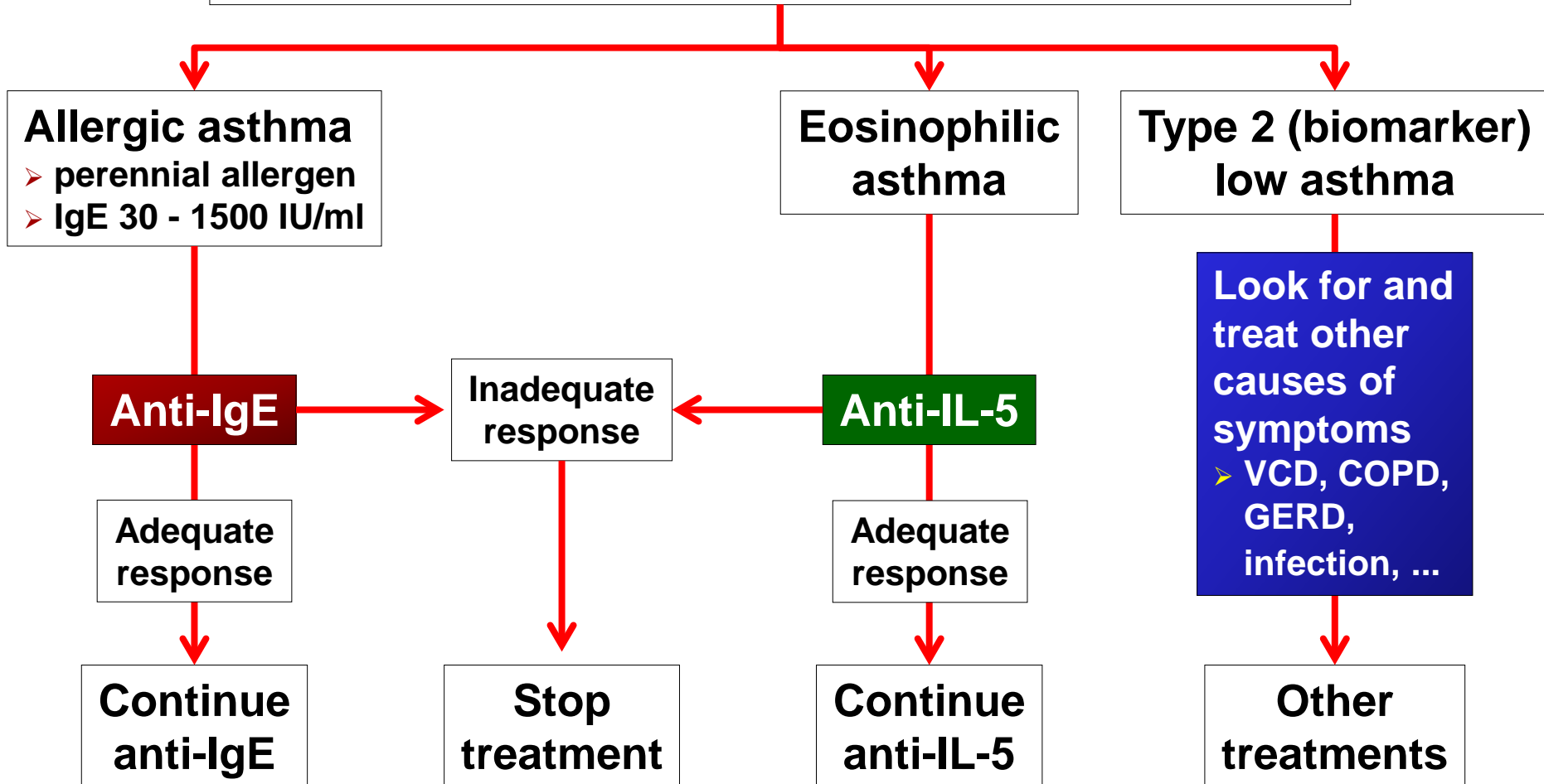
- Exacerbation rate
- Lung function

FitzGerald et al. Lancet Respir  
Med 6(1):51-64, 2018



# Care pathways for biologics in asthma

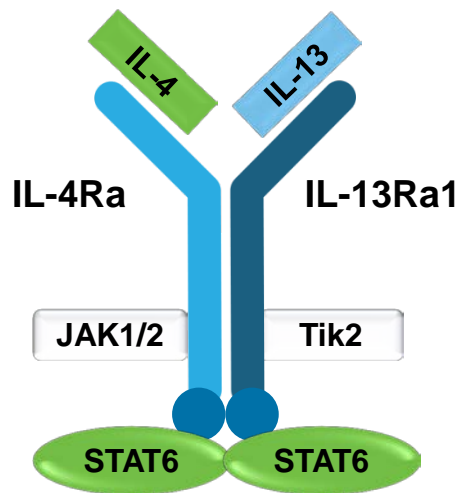
Severe asthma uncontrolled despite optimal therapy  
➤ adherence and inhaler technique checked



# **Anti-IL-5: Monitoring for response**

- **No universally accepted definition of response to treatment of severe asthma with biologics**
- **Physicians routinely evaluate multiple aspects of response using a range of clinical tools**
  - **symptom control (ACT, ACQ)**
  - **use of reliever therapy & oral corticosteroids**
  - **number and severity of exacerbations**
  - **lung function parameters**
  - **side effects**
  - **patient satisfaction**
- **The relative importance of these measures may vary depending on the individual patient**

# Biologics in severe asthma

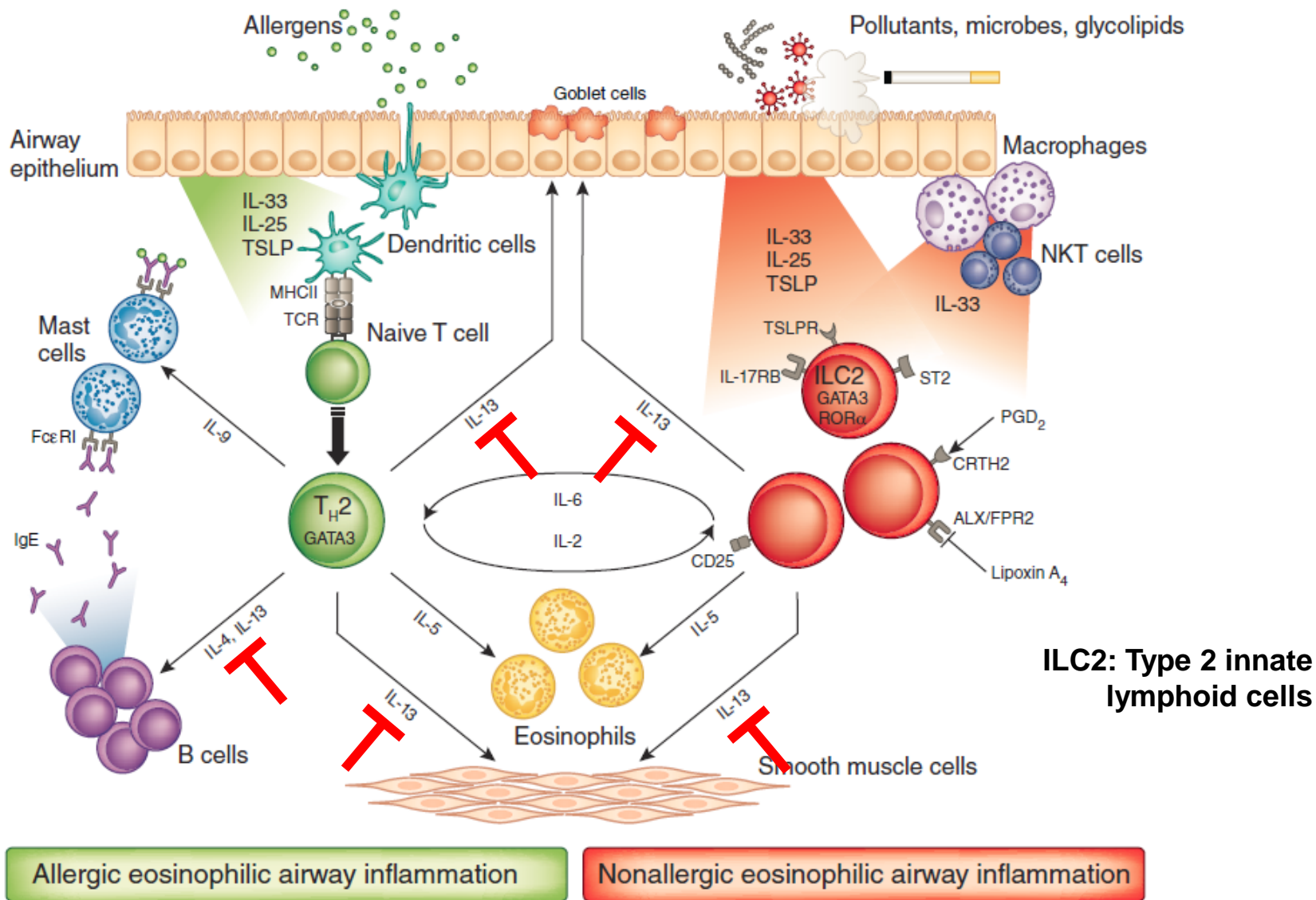


Interleukin-4/13  
receptor

- **Anti - IgE**
  - Omalizumab
- **Anti - IL-5**
  - Mepolizumab
  - Reslizumab
  - Benralizumab (anti-IL-5 receptor)
- **Anti - IL-13**
  - Lebrikizumab >>
  - Tralokinumab >>
- **Anti - IL-4 / IL-13**
  - Dupilumab (anti-IL-4/IL-13 receptor)

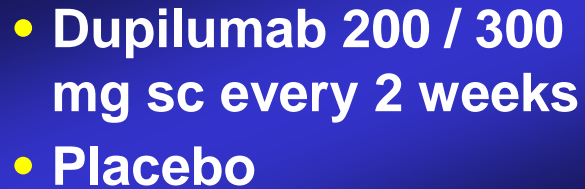


# Airway inflammation in asthma



# Dupilumab in uncontrolled moderate-to-severe asthma (LIBERTY ASTHMA QUEST)

1902 asthma patients  
uncontrolled on medium-  
to-high dose ICS + up to 2  
additional controllers

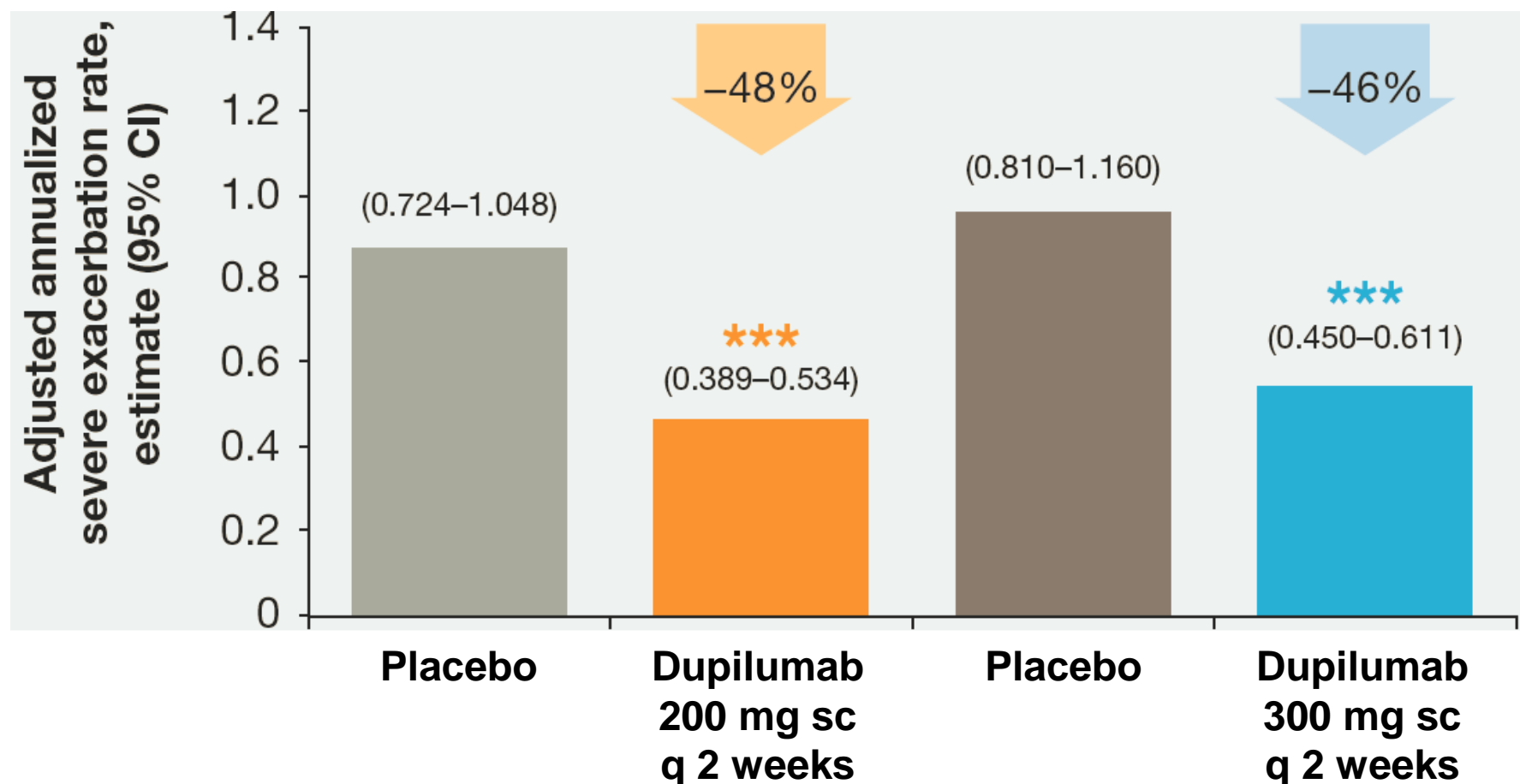
- 
- ```
graph TD; A[1902 asthma patients uncontrolled on medium-to-high dose ICS + up to 2 additional controllers] --> B[Dupilumab 200 / 300 mg sc every 2 weeks  
Placebo]; B --> C[52 weeks]; C --> D[Severe exacerbations  
FEV1 pre-BD [mL]]
```
- Dupilumab 200 / 300 mg sc every 2 weeks
  - Placebo

**52 weeks**

- Severe exacerbations
- FEV1 pre-BD [mL]

# Dupilumab in uncontrolled moderate-to-severe asthma (LIBERTY ASTHMA QUEST)

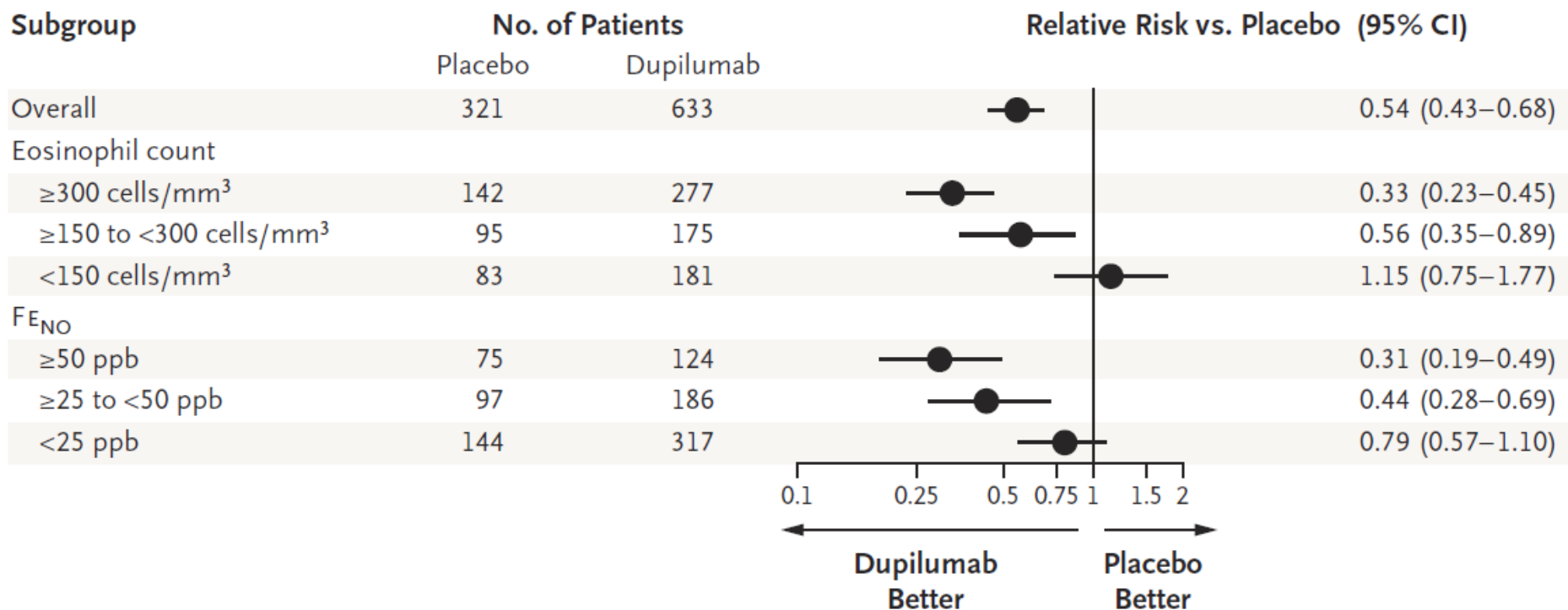
## Exacerbations [/year]



# Dupilumab in uncontrolled moderate-to-severe asthma (LIBERTY ASTHMA QUEST)

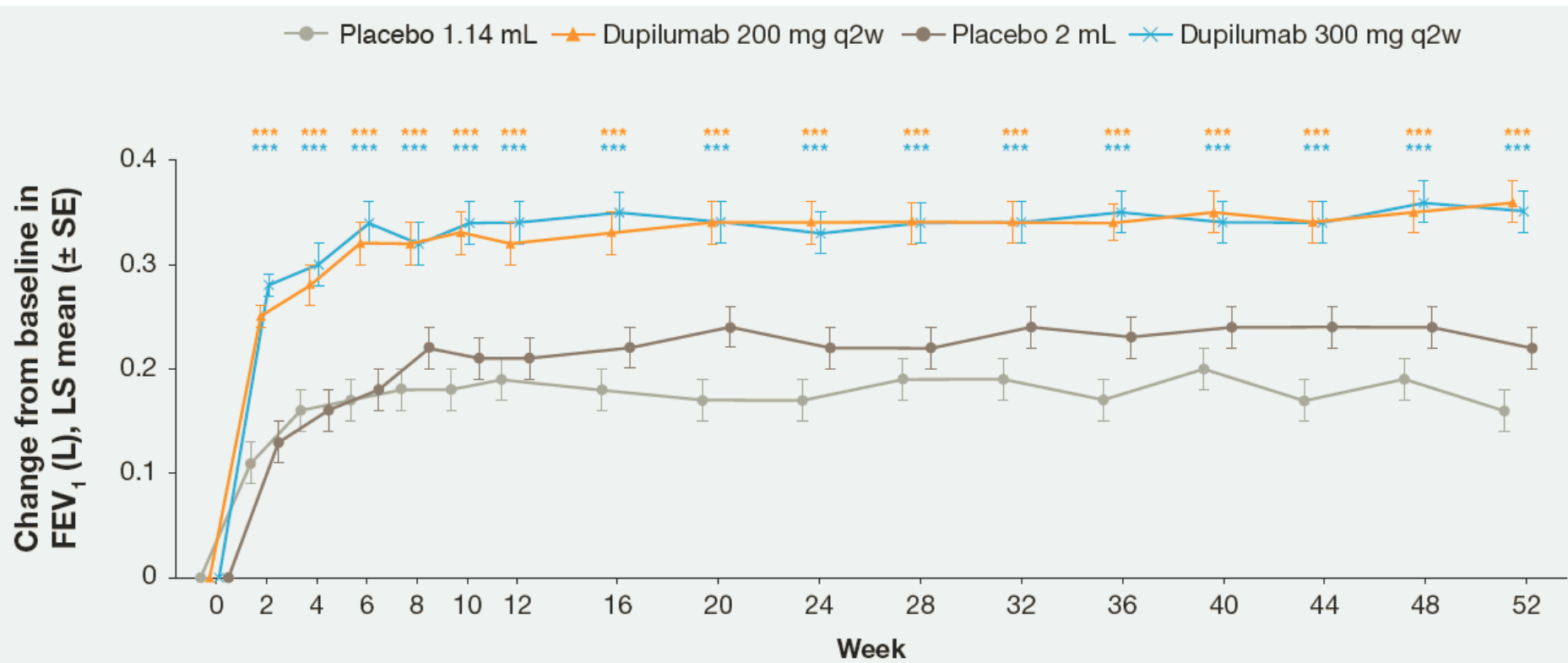
## Risk of severe exacerbations

Dupilumab, 300 mg Every 2 Wk, vs. Matched Placebo



# Dupilumab in uncontrolled moderate-to-severe asthma (LIBERTY ASTHMA QUEST)

$\Delta$  prebronchodilator FEV<sub>1</sub>



# Dupilumab in corticosteroid-dependent severe asthma (LIBERTY ASTHMA VENTURE)

220 patients with  
OCS-dependent  
severe asthma

- Dupilumab 300 mg sc every 2 weeks
- Placebo

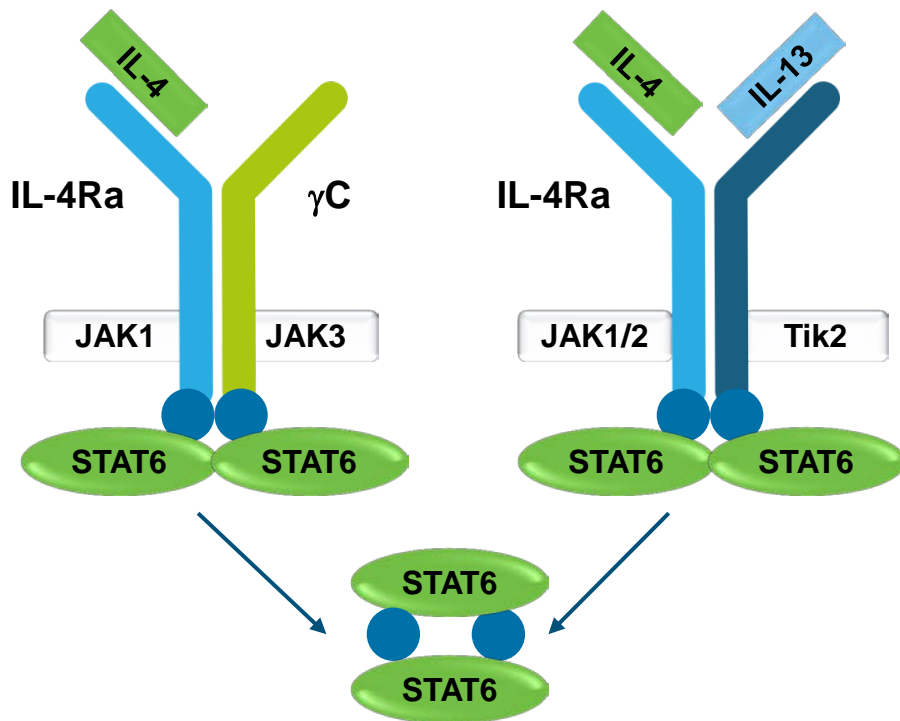
24 weeks

- OCS dose reduction [%] at week 24

## Dupilumab vs placebo [week 24]

- |                           |             |            |
|---------------------------|-------------|------------|
| • OCS dose                | -28.24%     | p<0.0001   |
| • OCS reduction<br>≥50%   | -2.81 mg/d. | p<0.0002   |
|                           | 80% vs 50%  |            |
|                           | 100%        | 48% vs 25% |
| • Severe<br>exacerbations | -59.3%      | p<0.0001   |
| • FEV1                    | +0.22 L     | p<0.0007   |

# Dupilumab in uncontrolled asthma despite ICS + LABA



- FEV1 ↑
- Exacerbations ↓
- Nasal polyps ↓
- Atopic dermatitis ↓

Thaçi et al. Lancet 387:40-52, 2016; Bachert et al. JAMA 315(5):469-479, 2016  
Wenzel et al. Lancet 388:31-44, 2016; Simpson et al. NEJM 375(24):2335-2348, 2016;  
Blauvelt et al. Lancet 389 (10086):2287-2303, 2017

# Monoclonal antibodies in severe asthma

## Mepolizumab

- 100 mg sc every 4 weeks

## Reslizumab

- 3 mg per Kg body weight  
iv every 4 weeks

## Benralizumab

- 30 mg sc

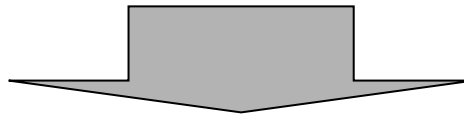
## Dupilumab

- 300 mg sc every 2 weeks  
600 mg loading dose



# Individualised precision medicine in asthma

- Improved treatment results in patients with severe asthma by optimal use of biologics
  - Identification of responsive patient populations
  - A realistic goal from the patients' perspective is to reduce exposure to regular and rescue oral corticosteroids by 50%

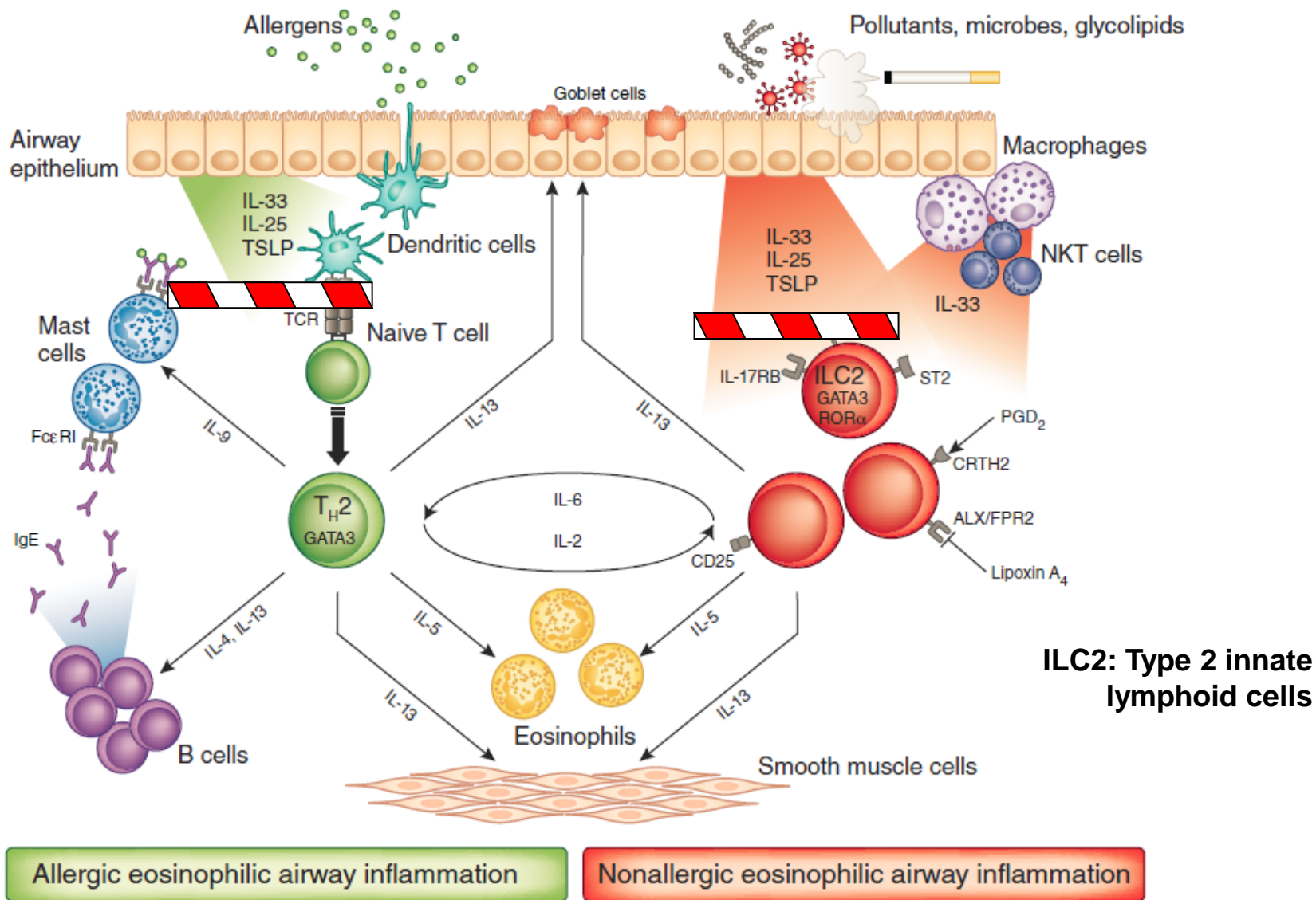


**,Deliver the right drugs to the right lungs  
rather than more drugs to more lungs'**

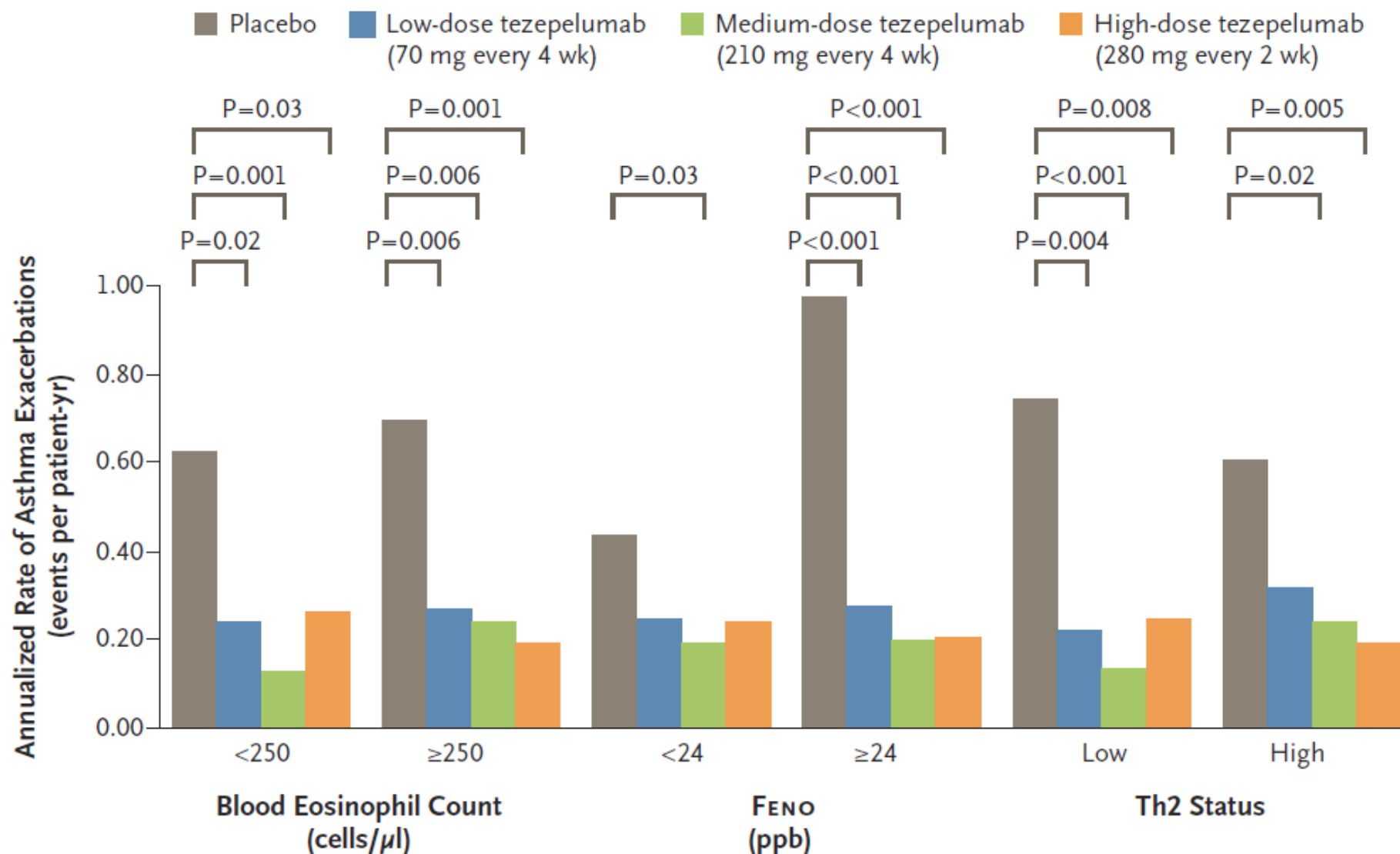
# Biologics in severe asthma

- **Anti - IgE**
  - Omalizumab
- **Anti - IL-5**
  - Mepolizumab
  - Reslizumab
  - Benralizumab (anti-IL-5 receptor)
- **Anti - IL-13**
  - Lebrikizumab >>
  - Tralokinumab >>
- **Anti - IL-4 / IL-13**
  - Dupilumab (anti-IL-4/IL-13 receptor)
- **Anti - thymic stromal lymphopoietin**
  - Tezepelumab

# Airway inflammation in asthma

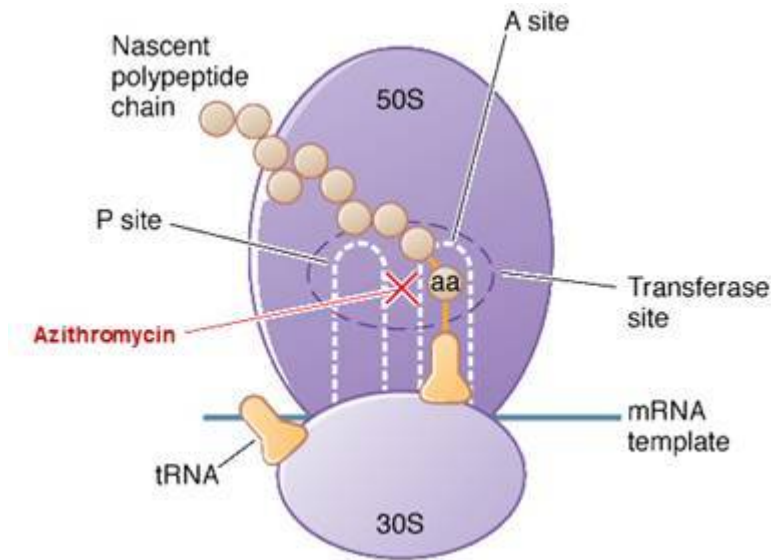


# Anti-TSLP in uncontrolled asthma



# Asthma

## Macrolides



- antibiotic
- antiinflammatory
- immunomodulatory

- Diagnosis
- Antibiotics for asthma exacerbations
- What's new in GINA ?
- Mild-to-moderate asthma
- Biologics in severe asthma
- Macrolides

# Effect of azithromycin on exacerbations in uncontrolled asthma

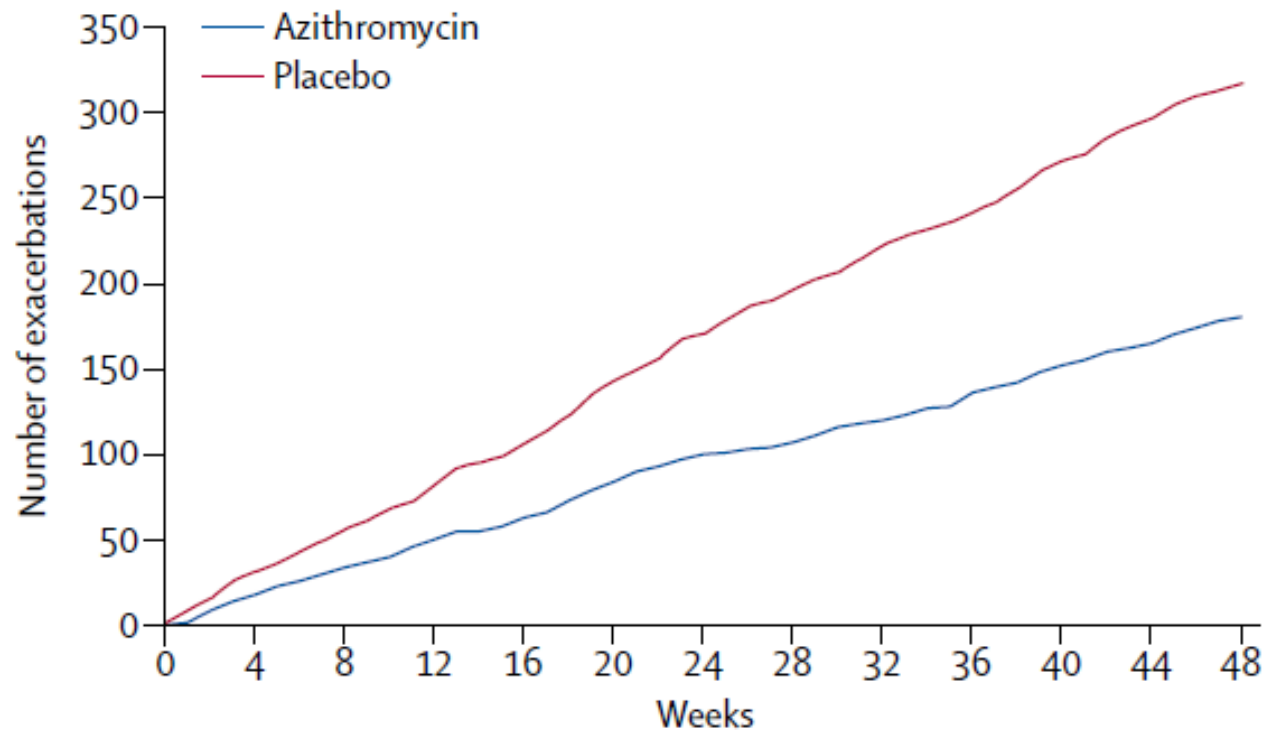
420 asthma patients  
uncontrolled despite  
ICS + LABA

- Azithromycin 500 mg 3x per week
- Placebo

48 weeks

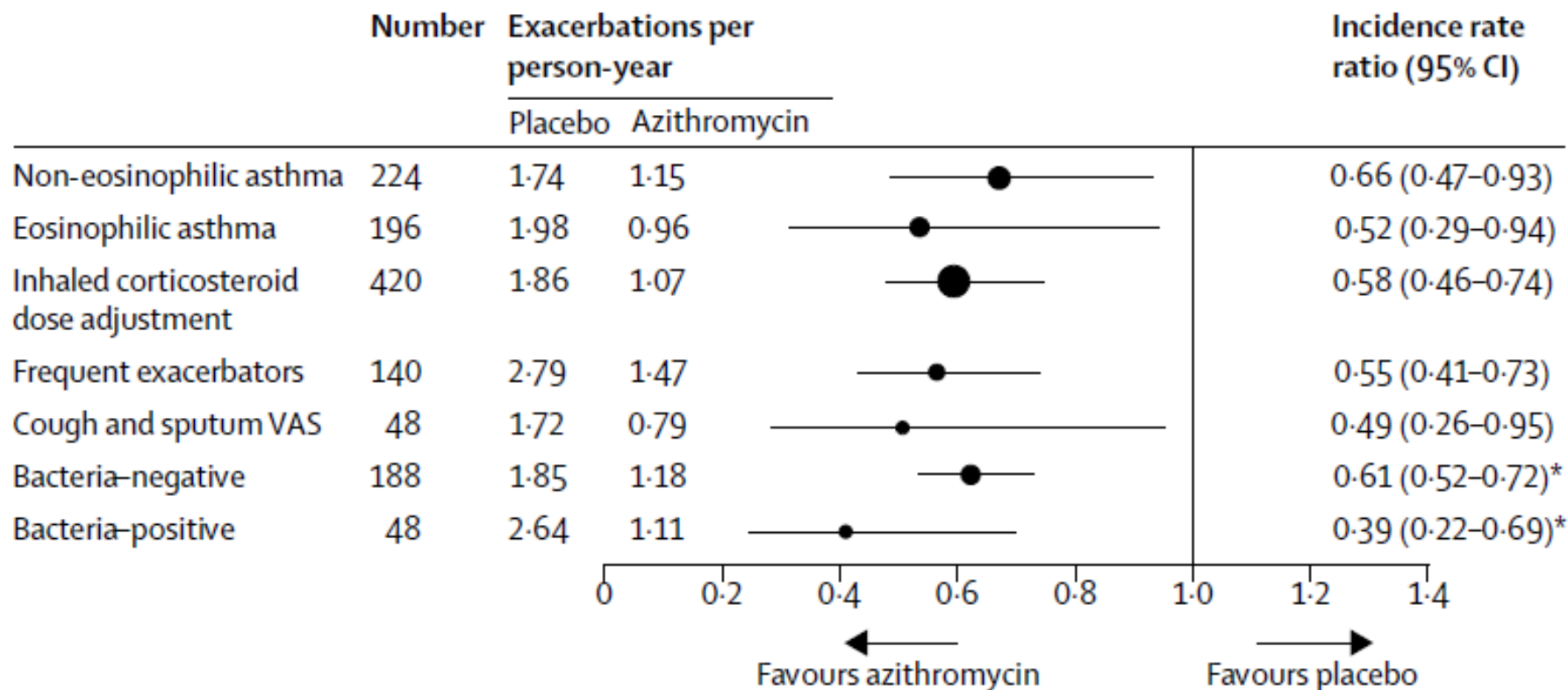
- Asthma exacerbations

## Moderate and severe exacerbations



# Effect of azithromycin on exacerbations in uncontrolled asthma

## Asthma exacerbations



# Effect of azithromycin on exacerbations in uncontrolled asthma

## Asthma exacerbations

|                                      | Number | Exacerbations per person-year |              | Incidence rate ratio (95% CI) |
|--------------------------------------|--------|-------------------------------|--------------|-------------------------------|
|                                      |        | Placebo                       | Azithromycin |                               |
| Non-eosinophilic asthma              | 224    | 1.74                          | 1.15         | 0.66 (0.47–0.93)              |
| Eosinophilic asthma                  | 196    | 1.98                          | 0.96         | 0.49 (0.29–0.94)              |
| Inhaled corticosteroid dose adjusted | 420    |                               |              | 0.66 (0.46–0.94)              |
| Frequency of exacerbations           |        |                               |              | 0.66 (0.41–1.07)              |
| Cough and wheeze                     |        |                               |              | 0.66 (0.41–1.07)              |
| Bacterial exacerbations              |        |                               |              | 0.66 (0.41–1.07)*             |
| Bacterial exacerbations              |        |                               |              | 0.66 (0.41–1.07)*             |

- Azithromycin is effective and safe in asthma uncontrolled despite ICS and LABA, both in eosinophilic and non-eosinophilic asthma
- Effects of long-term therapy with macrolides on community microbial resistance?

Brusselle & Pavord. Lancet, 390(10095):629-630, 2017

Favours placebo



# List of References

1. Backman et al. Clin Exp Allergy 47(11): 1426-1435, 2017
2. Aaron et al. JAMA 317 (3):269-279, 2017
3. Aaron et al. CMAJ 179:1121–1131, 2008
4. Luks et al. Eur Respir J 36(2):255-260, 2010
5. GINA 2018, [www.ginasthma.com](http://www.ginasthma.com)
6. Brusselle et al. Nat Med 19(8):977-979, 2013
7. Wadsworth et al. J Asthma Allergy 4:77-86, 2011
8. Vijverberg et al. Clin Exp Allergy 41:615-29, 2011
9. Petsky et al. Cochrane Database Syst Rev 9:CD011440, 2016
10. Lehtimäki et al. Eur Respir J 48:706-714, 2016
11. Dweik et al. Am J Respir Crit Care Med 184:602-615, 2011
12. Chung et al., Eur Respir J 43:343-373, 2014
13. Price et al. Lancet Respir Med 6(1):29-39, 2018
14. Johnston et al. JAMA Intern Med 176(11):1630-1637, 2016
15. Reddel et al. Lancet, 389:157-166, 2017
16. O'Byrne et al. Eur Respir J 50:1701103, 2017
17. Papi et al. NEJM 356:2040-2052, 2007
18. Papi et al. Lancet Respir Med 2015
19. Kerstjens & van den Berge, Lancet Respir Med 2015
20. O'Byrne et al. NEJM 378:1865-1876, 2018
21. Bateman et al. NEJM 378:1877-1887, 2018

# List of References

22. McKeever et al. N Engl J Med 378(10):902-910, 2018
23. <https://www.fda.gov>
24. Bruton et al. Lancet Respir, Med 6(1):19-28, 2018
25. Normansell et al. Cochrane Database Syst Rev 2014
26. Alhossan et al. J Allergy Clin Immunol Pract 5(5):1362-1370, 2017
27. Ledford et al. J Allergy Clin Immunol 140(1):162-169, 2017
28. Ferguson et al. Lancet Respir Med 5(7):568-576, 2017
29. Ortega et al. N Engl J Med 2014
30. Bel et al. N Engl J Med 2014
31. Bjermer et al. Chest 2016
32. Corren et al. Chest 2016
33. Fitzgerald et al. Lancet 2016
34. Bleecker et al. Lancet 2016
35. Nair et al. N Engl J Med 376(25):2448-2458, 2017
36. Buhl et al. Eur Respir J 49, 2017
37. Bleecker et al. AJRCCM 197:A7703, 2018
38. Vedel-Krogh et al. Clin, Chem 63(4):823-832, 2017
39. H. Morrow Brown. Lancet 272:1245-1247, 1958
40. FitzGerald et al. Lancet Respir, Med 6(1):51-64, 2018
41. Magnan et al. Allergy 71(9):1335-1344, 2016
42. Garcia et al. Chest 144(2):411-419, 2013

# List of References

43. Humbert et al. ERS Milan PA4696, 2017
44. Chipps et al. Ann Allergy Asthma Immunol 2018 [epub]
45. Bousquet et al. Eur Respir J 50(6), 2017
46. Stephen Holgate, ERS Milan 11.9.2017
47. Brusselle et al. Nat Med 19(8):977-979, 2013
48. Castro et al. N Engl J Med 2018 [epub]
49. Rabe et al. N Engl J Med 2018 [epub]
50. Sidhu, et al. Proc Natl Acad Sci USA 107:14170-14175, 2010
51. Suresh, et al. Am J Respir Cell Mol Biol 37:97-104, 2007
52. Menzies-Gow , et al. J Allergy Clin Immunol 111:714-719, 2003
53. Hershey. J Allergy Clin Immunol 111:677-690, 2003
54. Thaçi et al. Lancet 387:40-52, 2016;
55. Bachert et al. JAMA 315(5):469-479, 2016
56. Wenzel et al. Lancet 388:31-44, 2016;
57. Simpson et al. NEJM 375(24):2335-2348, 2016;
58. Blauvelt et al. Lancet 389 (10086):2287-2303, 2017
59. Pavord et al. Lancet 391(10118):350-400, 2018
60. Corren et al. N Engl J Med 377:936-946, 2017
61. Demenais et al. Nature Genetics 50(1):42-53, 2018
62. Gibson et al. Lancet 390(10095):659-668, 2017