

One patient's perspective on severe asthma

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Early mild asthma and allergies

- Fall seasonal hay fever from around age 5
- Mild asthma began at age 12
- Allergy testing around age 18, allergy shots for several years after that
- Mostly very mild symptoms through around age 22

Severe asthma onset

- Diagnosed with “pneumonitis” around age 23
- Terrible coughing, and severe wheezing
- One or two ER visits for severe asthma attacks
- Visited an allergy/asthma specialist, who put me on oral (and injected) prednisone briefly
- Eventually went on inhaled steroids (Flovent), along with Serevent
- Flovent dosage climbed to maximum over time, with poor asthma symptom control

No more severe asthma

- Discovered by accident that azithromycin temporarily improves my asthma symptoms
- Found asthmastory.com and had an email conversation with Jim Quinlan
- Discussed long-term use of azithromycin with my physician, who said it was fairly low risk, but declined to prescribe
- Decided after looking at the possible benefits, and seemingly low risks, to self-treat with azithromycin
- After 9 weeks azithromycin, and another 6 weeks, eventually able to stop all asthma medication
- No asthma symptoms for significant periods of time, but eventual re-occurrence and re-treatment on a periodic basis (see <http://www.oshinsky.org/asthma.htm>)

Unmet needs as an asthma patient

- Lack of treatment options for people with my kind of asthma (other than self-treatment)
- Research needed leading to better understanding of how to determine the true severity of disease, categorized by the likely root cause or causes
- Research needed into better treatments for these kinds of long-term, potentially persistent infectious conditions