

Greek physicians' perspective on the role of long-acting muscarinic antagonist (LAMA) in the management of asthmatic patients: Results from the EU-LAMA survey

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BACKGROUND

Triple therapy, comprising a long-acting beta-2 agonist (LABA), a long-acting muscarinic antagonist (LAMA), and an inhaled corticosteroid (ICS), has been a long-established recommendation in asthma management.¹ Nevertheless, physicians' perspectives and real-world prescribing practices remain insufficiently explored.²

AIMS AND OBJECTIVES

The objective of this survey was to examine physicians' perceptions of the current role of LAMAs in asthma treatment, among other treatment options.

METHODS

A medical research survey of 19 questions was distributed to physicians from Poland, Greece, Sweden, Slovenia and Austria with the CATI system platform (<http://www.cati-system.pl/>) using an electronic CAWI (Computer Assisted Web Interviews) method. Pulmonologists, allergologists, general practitioners and internal medicine specialists were invited, with participation in Greece coming from pulmonologists and allergologists.

RESULTS

A total of 630 surveys were completed between July 2023 and December 2023. Among the respondents, 170 (27%) were from Greece, including 161 pulmonologists and 9 allergologists.

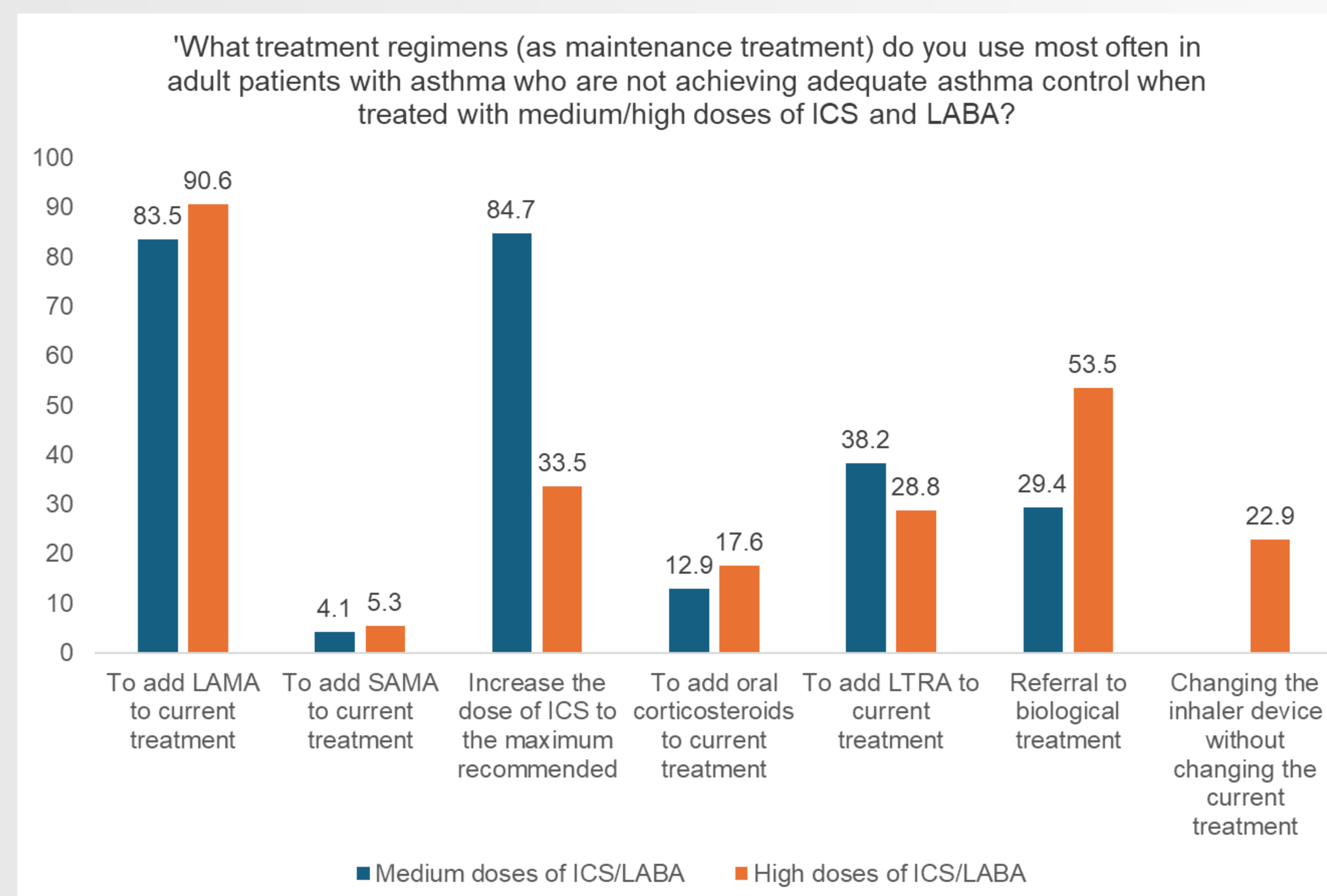


Figure 1: Responses (%) to the question 'What treatment regimens (as maintenance treatment) do you use most often in adult patients with asthma who are not achieving adequate asthma control when treated with medium/high doses of ICS and LABA?' Inhaler technique, adherence to treatment, and management of comorbidities and triggers were assumed to be taken care of. Respondents could select a maximum of three most frequently implemented methods

When asked about the treatment regimens they most often use in asthma patients not adequately controlled with medium or high doses of ICS and LABA, 83.5% and 90.6% of physicians reported adding a LAMA, respectively.

Answer	Greece (N=170)
Patients with coexisting asthma and COPD	94.7% (N=161)
Patients in whom symptoms persist despite treatment with maximum doses ICS-LABA	83.5% (N=142)
Patients with fixed obstruction (Persistent Airflow Limitation/Fixed Airflow Obstruction)	72.4% (N=123)
Asthmatic patients who smoke cigarettes	67.6% (N=115)
Patients with frequent and more severe exacerbations	60% (N=102)
Asthmatic patients with a productive cough (large amount of mucus)	41.8% (N=71)
Patients taking oral glucocorticosteroids	35.9% (N=61)

Figure 2: Percentage of patients who could benefit from adding LAMA to the management of asthma in the Greek survey population. Respondents were asked to select suitable answers from seven options presented below

Greek physicians identified several patient profiles, including those with co-existing asthma and COPD or fixed airway obstruction, patients with persistent symptoms despite maximum doses of ICS/LABA, and asthmatic smokers.

CONCLUSION

These findings highlight that a substantial proportion of Greek physicians consider the addition of LAMA as a viable option for managing patients with asthma who are not adequately controlled on ICS/LABA, with specific patient groups identified.

References

1. Global Initiative for Asthma. Global Strategy for Asthma Management and Prevention, 2025.
2. Panek M, et al., Journal of Respiration. 2025; 5(4):17.

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