

Toward Precision Medicine in Asthma: Perspectives From Real-World Clinical Practice in Córdoba

Hacia una medicina de precisión en el asma: Perspectivas desde la práctica clínica real en Córdoba

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Asthma remains a major public health challenge, affecting approximately 300 million people worldwide, and with a prevalence of 8% to 12% in Argentina. However, the management of this disease has undergone a paradigm shift with growing insight into phenotypes and inflammatory mechanisms. (1-3) The study by Echegaray and colleagues at Hospital Italiano de Córdoba, a descriptive, cross-sectional observational study, adds an essential piece to the local epidemiologic puzzle by integrating clinical, functional, immunologic, and adherence variables, for the first time in the region.

One of the most notable findings of this research is the substantial burden of severe asthma (36.4%) and T2 inflammation in the analyzed cohort. With 34% of patients showing elevated eosinophilia (≥ 300 cells/ μ L) and 61% having total serum IgE levels ≥ 150 IU/mL, these biomarkers help identify candidates for targeted biologic therapies, which only 10% of patients at this center were receiving, mainly mepolizumab and omalizumab.

The 78% prevalence of overweight and obesity is a warning signal, linking asthma to a more complex phenotype and a reduced response to corticosteroids. Likewise, the finding that only 53% of patients achieved optimal clinical control

(ACT ≥ 20) and that 57% maintained good adherence (TAI) reminds us that the gap between clinical guidelines and everyday practice remains considerable. (1)

In a disease in which inhaler technique is critical to treatment efficacy, the observation that dry powder inhalers (DPIs) accounted for 57.5% of devices, compared with 38.1% for pressurized metered-dose inhalers (pMDIs) underscores the importance of personalizing treatment in all its dimensions. (2)

In conclusion, the work by Echegaray and colleagues highlights the fact that success in asthma management in tertiary care centers depends on three essential pillars: biomarker-based stratification, systematic assessment of control and adherence, and education in the use of devices. It also lays the foundation for future research on the obesity-asthma phenotype and interventions to improve adherence, among others. Finally, the transition to multicenter studies will provide a more representative view of asthma epidemiology in Argentina and will allow longitudinal follow-up of the real-world impact of biologic therapies in our patients. (1)

Conflict of interest

Author has no conflicts of interest to declare.

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