

# Do Nighttime Asthma Symptoms Have You Counting Sheep?

(NAPSA)—According to a new asthma survey, 61 percent of asthma sufferers experience nighttime asthma symptoms, such as wheezing and coughing, which can significantly impact their daily lives. An estimated 20 million Americans suffer from asthma, and it is estimated that 40,000 of these patients miss work or school every day as a result of the chronic illness.

What asthma sufferers may not realize is that their nighttime symptoms, including nighttime awakenings, may be preventing them from getting more than a good night's sleep.

“Waking up at night with asthma symptoms, like shortness of breath, is often a sign that patients do not have their asthma under control,” said Dr. Anjali Nayak, board-certified specialist in allergy, asthma and immunology out of Normal, Ill. “Thankfully, proper asthma management can help control these bothersome symptoms.”

## Prevention

Demonstrating that asthma symptoms can be bothersome at any hour, 71 percent of patients reported experiencing asthma symptoms during the day as well. Proper asthma management is especially important for patients experiencing daytime and nighttime asthma symptoms.

“Rather than suffer from coughing and wheezing that can keep you up or interrupt your sleep, talk to a physician,” Nayak said. “I’ve found that with the continual use of a maintenance treatment, along with the occasional use of a rescue inhaler, many of my patients can help control their asthma symptoms.”

According to accepted asthma guidelines, inhaled corticosteroids (ICS), which reduce airway inflammation, are the preferred foundation therapy for mild to moderate persistent asthma. ASMANEX® TWISTHALER® 220 mcg (mometasone furoate inhala-

tion powder) is the most recent ICS available. Previous data have demonstrated that ASMANEX significantly reduces daytime and nighttime asthma symptoms, especially nighttime awakenings requiring albuterol.

## Putting Symptoms to Bed

With asthma under control, patients are less likely to endure bothersome nighttime wheezing and coughing that keeps them tossing and turning. If asthma symptoms are keeping you from your dreams, try taking the following precautions:

- Schedule regular checkups with your physician to monitor your asthma
- Take your maintenance asthma treatment as directed
- Visit [control-your-asthma.com](http://control-your-asthma.com) for information on asthma symptom control.

To help control nighttime asthma symptoms, talk to your doctor about an asthma treatment plan that works for you.

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ASMANEX® TWISTHALER® 220 micrograms brand of mometasone furoate inhalation powder is for the maintenance treatment of asthma for patients 12 years of age and older. ASMANEX TWISTHALER is also for asthma patients who are taking oral steroids where it may reduce or eliminate the need for oral steroids. ASMANEX TWISTHALER will NOT relieve sudden asthma symptoms. The most common side effects with ASMANEX TWISTHALER include headache, allergic rhinitis, sore throat, and upper respiratory infection. ASMANEX TWISTHALER therapy should not be used to treat acute asthma episodes where extra measures are required. Be careful while adjusting to a switch from an oral steroid to the inhaled steroid ASMANEX, as you may be less able to heal after surgery, infection or serious injury. Use ASMANEX as directed by your health care provider, since its ability to work in your lungs depends on regular use. If your asthma symptoms do not improve, or seem worse, contact your health care provider. Avoid coming into contact with the measles or chicken pox virus. Contact your health care provider immediately if you are exposed. If you are at an increased risk for decreased bone mineral density, the use of corticosteroids may increase your risk. Your health care provider should monitor your condition and if needed, provide treatment. Long-term use of inhaled corticosteroids, such as ASMANEX, may increase the risk of some eye problems such as cataracts or glaucoma. For additional important product information, visit [www.asmanex.com](http://www.asmanex.com).

Eligible patients who are having difficulty affording Schering-Plough medications can call the SP-Cares Patient Assistance Program at 1-800-656-9485 to see if they qualify for assistance. Or visit [www.pparx.org](http://www.pparx.org) for additional information.