

A to Z in inhaler and topical drug therapy

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Chronic lower respiratory disease-related deaths represent 8000 people, and the number of deaths from chronic obstructive pulmonary disease over the age of 40 is 330 million every year. Approximately 20% people of over the age of 40 get chronic obstructive pulmonary disease. It was the fourth leading cause of death in South Korea in 2011, and we expect it would be the number of three cause of death in 2030. Asthma prevalence of childhood and adolescent period increases steadily. Moreover, asthma prevalence of the age of 6-7 was 10%, and asthma prevalence of over the age of 40 was 7.0

94 percent of patients with COPD who are in GOLD I II in Korea urgently need early diagnosis and treatments. However, only 3 percent recognized that they have COPD, and 67.6 percent of patients who were already diagnosed with COPD were not suggested a pulmonary function test by their physicians. Furthermore, asthma is a typical sensitive disease in the outpatient clinic. Even though the disease can be managed in the outpatient clinic, the rate of hospitalization for asthma was 102.8/10 million, which was twice of the average of OECD.

Although physicians encouraged patients with asthma or COPD in using inhalators, in case of Asthma it was only 25.4% according to inhalators prescription rate in Korea. However oral steroids prescription rate is 93.4% Even COPD, systemic medicines were highly prescribed, especially Methylxanthine derivatives, than inhalators. Over 50% of patients were prescribed Methylxanthine derivatives in hospital.

Inhalator importance of asthma or COPD cannot be emphasized enough because inhalators have greatest efficacy and low adverse events. Recently, new medicines and instruments for inhaled therapy have developed and launched. However, unlike oral medications, patients should need to learn how to use inhalators correctly for maximizing the medicine effect. When patients know how to use the inhalators, medical team can prevent adverse effects, and maximized the medicine effect.

The coordinator of Asthma-COPD center in Asan Medical Center educates patients on the usage of inhalator, and assesses it their next visiting hospital. If the patients could not pass the correct usage of inhalators, the coordinator teaches it repeatedly until the patients can fully understand and do it.

At this lecture, we checked the standard of insurance for each inhalator and classified ingredients of inhalators. Lately, we have been facing new inhalators, so we must know how to use old version and new version inhalators.