

Asthma

Immune-driven airway inflammation — understood and managed at Veros Health



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THE IMMUNE CONNECTION

Asthma is driven by immune system overreaction: allergens, irritants, and infections trigger IgE antibodies, mast cells, and eosinophils to inflame and tighten the airways. At Veros, we treat the underlying immune dysfunction — not just the symptoms — to bring lasting control.

WHAT IS ASTHMA?

Asthma is a chronic condition that causes the airways in the lungs to become inflamed, swollen, and narrow. This makes it harder for air to move in and out, leading to wheezing, coughing, and shortness of breath. Symptoms come and go, often set off by a trigger, and can range from mild to life-threatening. Asthma cannot be cured, but with the right treatment plan it can be very well controlled.

DIAGNOSIS

Diagnosis combines your symptom history with breathing tests: spirometry measures how much and how fast you can exhale; a FeNO breath test checks for airway inflammation; and allergy testing identifies specific triggers. A peak flow meter can help track your lungs day to day.

COMMON TRIGGERS

- Allergens: pollen, dust mites, pet dander, mold, cockroaches
- Respiratory infections (colds, flu, sinus infections)
- Exercise, cold air, and rapid changes in weather
- Smoke, strong odors, air pollution, and occupational fumes
- GERD (acid reflux), stress, and certain medications (e.g., aspirin/NSAIDs, beta-blockers)

COMMON SYMPTOMS

- Wheezing (a whistling sound when breathing)
- Coughing, especially at night or early morning
- Shortness of breath or rapid breathing
- Chest tightness or a feeling of pressure
- Trouble sleeping due to coughing or breathlessness
- Symptoms that worsen with exercise, cold air, or allergens
- A cold that "settles in the chest" or lingers for weeks

Seek emergency care if: Severe shortness of breath or trouble speaking in full sentences; lips or fingernails turning blue or gray; rescue inhaler not helping or needed every few hours; ribs or neck visibly pulling in with each breath.

HOW WE EVALUATE & TREAT AT VEROS

Allergy & trigger testing:

Skin or blood testing pinpoints the specific allergens driving your asthma so treatment can target the cause.

Personalized Asthma Action Plan:

A written plan detailing daily controller medication, quick-relief use, and clear steps for worsening symptoms.

Daily controller therapy:

Inhaled corticosteroids and other controllers reduce airway inflammation and prevent flares over time.

Allergen immunotherapy:

Allergy shots or tablets can gradually reduce sensitivity to specific triggers, easing asthma over time.

BIOLOGIC & IMMUNOTHERAPY

For moderate-to-severe or hard-to-control asthma, biologic therapies target the specific immune pathways driving inflammation. Options may include Xolair (anti-IgE), Nucala, Fasenra, or Cinqair (anti-IL-5, for eosinophilic asthma), Dupixent (anti-IL-4/IL-13), or Tezspire (anti-TSLP, for any asthma type). Eligibility depends on asthma severity, biomarker testing, and response to standard therapy — your Veros provider will determine if you qualify.

CONDITIONS OFTEN SEEN TOGETHER

Asthma rarely travels alone — at least 6 in 10 patients have another related condition. We routinely screen for and co-manage:

- Allergic rhinitis, chronic sinusitis, and nasal polyps
- GERD (acid reflux)
- Obstructive sleep apnea and obesity
- Vocal cord dysfunction (mimics asthma symptoms)
- Anxiety, stress, and poor sleep quality

OVERLAPPING ALLERGIC CONDITIONS

Asthma is one stop on what allergists call the "atopic march" — a progression of conditions driven by the same overactive Type 2/IgE immune pathway. Many patients with asthma also have, or go on to develop, eczema, food allergies, allergic rhinitis, chronic hives, or eosinophilic esophagitis (EoE). Because these conditions share the same root cause, treating one can improve the others.

WHY VEROS HEALTH?

- ✓ Multi-specialty care: allergy, immunology, and pulmonary in one team
- ✓ Biologic therapy available for hard-to-control asthma
- ✓ Co-management of rhinitis, sinusitis, GERD, and related conditions
- ✓ Personalized action plans built around your specific triggers
- ✓ 30+ years immune expertise — IMMUNOe Health & Research