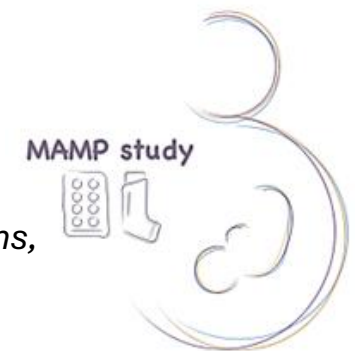


Asthma medication use before and during pregnancy: Guidelines versus multinational practice

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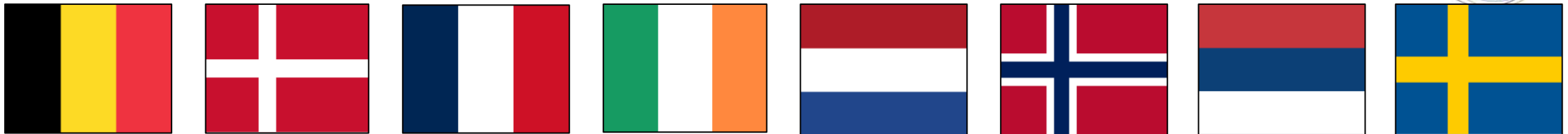
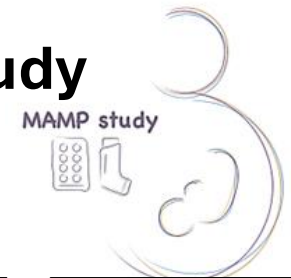
- Uncontrolled asthma during pregnancy has been linked to adverse pregnancy outcomes
- Asthma medication is generally considered safe during pregnancy
- International guidelines: treat asthmatic pregnant women similarly to non-pregnant populations
- Adherence to these guidelines is currently unknown

Objective

To assess changes in asthma medication treatment and their effects on the level of asthma control in the preconception period and during pregnancy

Medication Adherence Measurement in Pregnancy (MAMP) study

Anonymous web-based questionnaire distributed among pregnant and post-partum women using asthma medication in the year before or during pregnancy



- Asthma medication drug utilization, including discontinuation and switching
- Reasons for changes in medication use
- Effects of changes in medication use
- Descriptive statistics
- Data collected up to January 2025
- We included 848 women, 59.2% still pregnant
- Mean age 31.8 years (SD 4.3)
- First pregnancy: 35.5%
- Intended to become pregnant: 63.9%
- Asthma well-controlled pre-pregnancy: 75.8%

Asthma Medication Drug Utilization

Most commonly used maintenance medication: inhalation corticosteroids with long-acting beta-agonists (55.7%), inhalation corticosteroids only (15.5%), leukotriene receptor antagonists (11.1%)

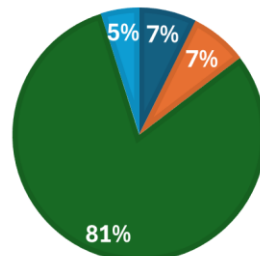
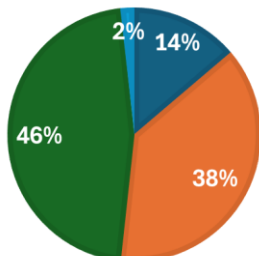
MAMP study



PRE-PREGNANCY PERIOD

Discontinuation: 7.6%

Switching: 5.1%



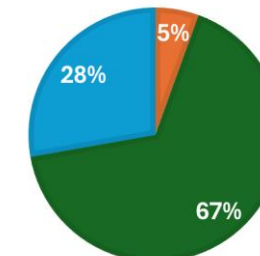
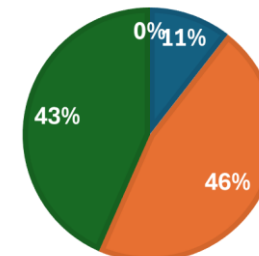
Reason

- Few complaints
- Own initiative
- Physician advice
- Other

DURING PREGNANCY

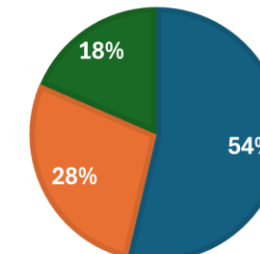
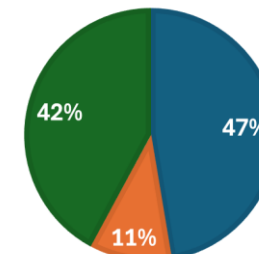
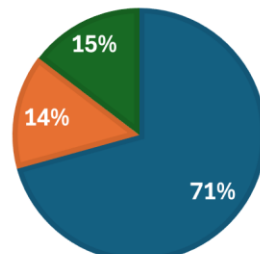
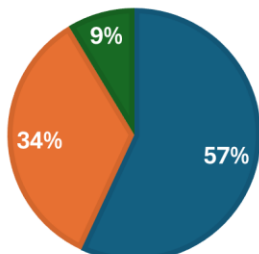
Discontinuation: 9.2%

Switching: 6.4%



Effect on asthma

- No effect
- Worsening
- Beneficial



Implications

- Treatment discontinuation was most common among users of biologics (43.8%), leukotriene receptor antagonists (32.0%), and long-acting muscarinic antagonists (28.9%)
- Among discontinuers, 30.3% reinitiated asthma maintenance medication in pregnancy

Next steps:

- Finalize data collection, including additional countries (Switzerland and Portugal)
- More details on adherence measurement
- Promote additional safety studies

A substantial proportion of European women with asthma discontinue or switch medication just before or during pregnancy, often on physician advice and leading to reduced level of asthma control. Treatment changes occurred most often among users of medications with relatively less robust safety information, emphasizing the need for future studies assessing benefits and risks of these medications.