What is the study about?

- We know that for some people, asthma doesn’t get better even when they take asthma medications every day.
- This is often the case in African American/Black people with asthma.
- Why might this happen? One reason might be that some asthma medications do not work well in asthma patients who are of African ancestry (self-identified Black).
- The purpose of this study is to find the best asthma treatment to add on for uncontrolled asthma in African Americans/Blacks.

Who is eligible?
People who have all of the following:

- At least 1 grandparent who identifies as being of African descent
- Asthma
- Age 18 or older

Northwestern University
Principal Investigator
Pedro Avila, MD,

AsthmaNet
AsthmaNet is a nationwide clinical research network that receives funding from the National Heart, Lung, and Blood Institute (part of the U.S. National Institutes of Health). Northwestern is part of this network. AsthmaNet researches new approaches to asthma treatment from childhood to adulthood. For more information on AsthmaNet, please visit: www.AsthmaNetResearch.org

Northwestern University
Principal Investigator
Pedro Avila, MD,

Do you have ASTHMA?

Consider joining a research study to improve asthma treatments for African Americans/Blacks

Call Jenny Hixon at
Phone: 312 926-0975

Email: j-franzen@northwestern.edu
To participate in the Best African American Response to Asthma Drugs (BARD) research study,

Please contact us at:

Phone: 312-926-0975
Email: j-franzen@northwestern.edu

How will this study help improve asthma treatment?

- This research study is being done to find out if taking inhaled corticosteroid (ICS) at different doses with or without long-acting beta agonist (LABA) will help prevent worsening asthma symptoms and asthma attacks.
- The study will carefully weigh the benefits and risks of taking ICS with or without LABA in a 16 month period with over 490 asthma patients who have at least one grandparent of African descent.
- This study will also try to find out if adults and children differ in how they respond to these medications.
- This study will also try to see if it is possible to predict which patients will get better on these medications.

Research Study Details

- The research study lasts 16 months
- There are 15-18 study visits & 10 scheduled telephone calls
- All participants will receive each of the treatments listed below over the course of the study. Each treatment will last about 3 months.
  A. Low dose ICS + LABA
  B. Medium dose ICS
  C. Medium dose ICS + LABA
  D. High dose ICS
- Asthma medications are provided at no cost
- All study medications are FDA approved for asthma treatment.
- Free study related tests, including: breathing tests, blood tests, and sputum collection will be done during study visits.
- Participants will be taught how to recognize worsening asthma symptoms through a personalized asthma action plan
- Participants who complete study visits are compensated for their time

Why should I consider joining the study?

This study may help improve your symptoms. We cannot promise that your asthma will improve because of study medications, but what we learn from this research study may help doctors find better ways to treat patients of African ancestry with asthma.

In addition:
- You will receive tests and advice from asthma experts
- You will help answer an important question about the value of personalized asthma therapies
- You will gain the personal satisfaction knowing that your participation could help others with asthma

To participate in the Best African American Response to Asthma Drugs (BARD) research study, please contact us at:

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