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## CONFERENCE ABSTRACT

### **Personalized and integrative approach in management of adolescent asthma**

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#### ***Introduction***

Asthma is the most common chronic illness in childhood which presented with wide spectrum of phenotypes and endotypes treatments as well as very heterogeneous treatment response and progression.

#### ***Description of policy context and objective***

Therefore asthma is a heterogeneous disorder with diverse etiological and physiological subtypes, a patient-centered integrative framework based on modifiable physiological and environmental factors contributes to more effective monitoring and treatment of adolescent age.

#### ***Targeted population***

A personalized approach in adolescent population of asthmatics may also help target interventions for different subgroups (of phenotype/endotype) most likely to respond to specific treatments.

#### ***Highlights (innovation, Impact and outcomes)***

A truly individual approach might therefore, transform quality of health-care and effectiveness of medicine. Implementation of such individualized medicine requires new global technologies and methods as well as a holistic view to a adolescent asthma patient.

#### ***Comments on transferability***

A number of components for integrative management, such as environmental and dietary modification, level of inflammation and immunological aberrations, physical fitness, psychological stress, lifestyle, as well as genetic and epigenetic biomarkers should be individually measured and monitored as well as integrate using new digital technology.

#### ***Conclusion***

A personalized and integrative approach to adolescent asthma deserves further consideration as a template for personalized patient management, and future research.