

What is Bronchial Thermoplasty?

Bronchial Thermoplasty (BT) is a safe outpatient bronchoscopy procedure that uses mild heat to reduce excessive smooth muscle in the airways, which helps reduce severe asthma attacks.

How does BT work?

People with severe asthma have an excess of smooth muscle tissue lining their airways. During an asthma attack, this muscle constricts the airways, making breathing difficult. BT reduces the amount of excess muscle and helps minimize the narrowing of your airways during an asthma attack.

What are the benefits and risks of BT?

In a clinical trial, almost 79% of patients treated with BT reported significant improvements in their asthma-related quality of life—including a reduction in asthma attacks, ER visits and hospitalizations for respiratory symptoms, and fewer days lost from work, school, and other daily activities due to asthma. As with any procedure, there are risks, and individual results may vary. The most common side effect of BT is temporary worsening of respiratory-related symptoms (within 1 to 7 days). There is a small risk (3.4%) of these symptoms requiring hospitalization.

Am I a candidate for BT?

BT delivered by the Alair™ System is approved by the FDA for the treatment of severe asthma in patients 18 years and older whose asthma is not well controlled with inhaled corticosteroids and long-acting beta-agonists such as Advair™, Symbicort™, and Dulera™. Further evaluation with your physician or a physician trained in BT will help determine whether you are a candidate who may benefit from this procedure.

What will happen during the procedure?

To ensure safety and optimal results every step of the way, BT is typically performed under moderate sedation in three separate sessions scheduled three weeks apart. Each session lasts about an hour and focuses on a different part of the lung to ensure all of the affected areas are treated. The device is introduced into your airways through a bronchoscope that is inserted into your mouth or nose, so no incision is required. After the procedure, you will be monitored for 2 to 4 hours and discharged on the same day. The treating physician will provide you with more details on what to expect during and after the procedure.

Who performs BT?

BT is performed at an outpatient hospital facility by a pulmonologist who is specially trained to perform bronchoscopy procedures and BT. To find a BT Clinic and treating physician near you, visit: www.BTforAsthma.com/physician-locator.

Will I be able to stop taking my asthma medications?

BT does not replace your current daily maintenance medication, but instead works with it to provide long-term stability in your asthma symptoms and lessen severe asthma attacks requiring oral steroids (prednisone).

Is BT covered by insurance?

Coverage policies and payment vary by payer. Your BT physician/staff will work with you to request coverage of your BT procedure.

How can I learn more about BT?

To learn more about BT, and to find a BT Clinic and treating physician near you, visit www.BTforAsthma.com.

Brief Statement of Relevant Indications for Use, Contraindications, Warnings, and Adverse Events: The Alair™ Bronchial Thermoplasty System is indicated for the treatment of severe persistent asthma in patients 18 years and older whose asthma is not well controlled with inhaled corticosteroids and long-acting beta-agonists. The Alair System is not for use in patients with an active implantable electronic device or known sensitivity to medications used in bronchoscopy. Previously treated airways of the lung should not be retreated with the Alair System. Patients should be stable and suitable to undergo bronchoscopy. The most common side effect of BT is an expected transient increase in the frequency and worsening of respiratory-related symptoms. Rx Only.

CAUTION: Law restricts this device to sale by or on the order of a physician. Indications, contraindications, precautions, and warnings can be found with product labeling.