

講題: Path to Clinical Remission in Asthma with SITT: The Japan Experience(ZP Owned)

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演講摘要

隨著 2026 GINA guideline 更新，對於氣喘治療更加重視 ICS 對於病人所帶來的好處。本場活動將從治療指引的更新切入，帶領與會者快速了解本次指引的調整，並說明對於氣喘控制不佳的病人，三合一吸入治療如何幫助臨床端更有效之控制氣喘疾病。此外，更透過講者之臨床經驗，分享對於不同氣喘病人如何在臨床更精準地掌握治療之核心、並在適當時機升階，幫助更多患者達成臨床緩解之目標。

With the release of 2026 GINA guideline update, there is a greater clinical emphasis on the benefits that ICS (Inhaled Corticosteroids) brings to patients. This session will kick off with key insights from the updated treatment guidelines, providing attendees with a quick yet comprehensive overview of the latest adjustments. We will explore how triple therapy can help clinicians achieve more effective disease control for patients with poorly controlled asthma. Furthermore, drawing from the speaker's extensive clinical experience, this session will share practical insights on how to precisely master core treatment strategies for diverse patient profiles, step up at the optimal time, and ultimately help more patients achieve the goal of asthma clinical remission.

講題: Rethinking IL-5: Airway Remodeling, Mixed Phenotypes, and the Therapeutic Value of Mepolizumab(GSK Owned)

演講摘要

嚴重嗜酸性氣喘（Severe Eosinophilic Asthma, SEA）不僅是單純由嗜酸性白血球升高所驅動的疾病，更涉及複雜的第 2 型發炎路徑、氣道結構改變與多重臨床表現。本演講將重新思考 IL-5 在 SEA 中的角色，從傳統的嗜酸性白血球調控，延伸至氣道重塑（airway remodeling）、黏液栓塞（mucus plugging）及混合型表現型（mixed phenotypes）等臨床議題。

講者將探討為何部分 SEA 患者即使接受標準治療，仍可能出現反覆急性惡化、肺功能下降、黏液阻塞及氣道結構變化，並進一步說明 IL-5 相關發炎反應在這些病理過程中可能扮演的角色。同時，本演講也將聚焦於 mepolizumab(Nucala) 在 SEA 治療中的臨床價值，包含其對嗜酸性發炎控制、急性惡化風險降低，以及對整體疾病負擔改善的潛在意義。

透過最新研究與臨床觀點，本演講希望協助臨床醫師更全面理解 Nucala 在 SEA 患者治療策略中的定位，並思考如何針對具有 airway remodeling、mucus plugging 或混合型表現的患者，進行更精準的治療決策。

Severe eosinophilic asthma (SEA) is more than a disease driven solely by elevated

eosinophils. It represents a complex inflammatory condition involving type 2 inflammation, structural airway changes, and heterogeneous clinical phenotypes. This lecture will revisit the role of IL-5 in SEA, expanding the discussion beyond eosinophil reduction to explore its potential relevance in airway remodeling, mucus plugging, and mixed phenotypes.

The presentation will discuss why some patients with SEA continue to experience recurrent exacerbations, impaired lung function, mucus obstruction, and progressive airway changes despite standard therapy. Particular attention will be given to the underlying mechanisms linking IL-5-mediated eosinophilic inflammation with these clinically important features. By connecting biological rationale with clinical observations, the lecture will highlight the broader therapeutic value of mepolizumab (Nucala) in the management of SEA.

In addition, the session will examine how Nucala may contribute to better disease control by targeting eosinophilic inflammation, reducing exacerbation risk, and potentially addressing key disease burdens associated with severe asthma. Through current evidence and practical clinical perspectives, this lecture aims to support physicians in rethinking the role of IL-5 and the positioning of Nucala in SEA treatment, particularly for patients presenting with airway remodeling, mucus plugging, or overlapping inflammatory phenotypes.