

Overview

What is the study about?

- We are studying whether in children receiving low-dose daily controller medication for their asthma, stepping up that therapy when a child begins to have an asthma flare-up will reduce the likelihood of a severe asthma exacerbation.
- The purpose of this study is to improve the asthma guidelines your child's primary care doctor uses when treating your child's asthma.

Who is eligible?

- Children, 5-11 years old
- Who take an everyday controller medication for their asthma or who have had recent asthma symptoms
- Who have had at least one course of oral steroids for asthma symptoms not controlled by albuterol in the last year

University of California, San Francisco

Principal Investigator

Michael Cabana, MD, MPH

Co-Investigator

Ngoc Ly, MD, MPH



STICS asthma study

**UCSF Pediatric Clinical Research Center
San Francisco, California**

Phone: 1-866-913-8477

E-mail address: chipper@ucsf.edu

Website: chipper.ucsf.edu



Does your child have Asthma?



**Consider joining a
study to improve care
for asthma flare-ups in
children ages 5-11
years old.**

**Please contact the research
study coordinator at:
1-866-913-8477**

More about the Step-up Yellow Zone Inhaled Corticosteroids to Prevent Exacerbations (STICS) study...

Why are researchers conducting this study?

Doctors typically increase the amount of daily controller medication for children with asthma for several months when evidence suggests a child has had an ongoing period of uncontrolled symptoms.

However, some doctors only step up the amount of the daily controller medication when a child's asthma suddenly flares up.

The STICS study will compare two different approaches to treatment for asthma flare ups. Both groups will receive standard asthma care.

One group will continue to use their same amount of daily controller medication during asthma flare-ups.

A second group will use an increased amount of daily controller medication during asthma flare-ups.

We will compare the results from both groups of children.

Research Study Details

- 8 visits to our research center and 6 telephone calls over 1 year
- Asthma tests at no charge
- Study medications at no charge
- Study compensation (up to \$600 if you complete the entire study)
- Participants will receive asthma education and a personalized asthma action plan
- Access to study doctors 24/7 for asthma emergencies



Why should I consider joining the research study?

- You will receive breathing tests and advice from study doctors experienced in asthma care.
- You will help the medical community understand better ways to treat children with asthma using personalized asthma treatment plans.
- You will gain satisfaction knowing that your participation could help others with asthma

To participate in the research study, please contact the study team at:

- **Phone:** 1-866-913-8477
- **Email:** Chipper@ucsf.edu
- **Website:** chipper.ucsf.edu