



# Functional Medicine in Asthma (FAst) Study

If you are being treated for asthma, you may be eligible to participate in a **clinical asthma study**. This study evaluates asthma treatments on patients that continue to have **symptoms despite standard therapies**.

We are studying whether additional treatment with a Functional Medicine approach adds benefit to asthma care. Functional Medicine focuses on how genetic, environmental, diet and lifestyle factors work together to influence long-term health and complex chronic diseases.

We are approaching this question by enrolling 60 patients and randomly assigning half to receive optimal asthma care based upon national guidelines, and the other half to receive optimal asthma care as well as care in Functional Medicine.

**To find out if you qualify,  
please call 866.CCF.LUNG  
(866.223.5864) and select option 3.**

## To qualify, you must be:

- ✓ Between the ages of 18 and 65
- ✓ Not currently smoking with 15 pack-years or less history of smoking
- ✓ A moderate to severe asthma sufferer with uncontrolled symptoms
- ✓ Willing to be seen in Cleveland Clinic's Asthma Center and the Center for Functional Medicine

## You are not eligible to participate if:

- ✗ your asthma is life-threatening, as determined by your asthma physician
- ✗ your asthma is under good control with current treatment
- ✗ if you are currently experiencing a flare up of your asthma

**You also must not have any other pulmonary disease than asthma or any other major condition (such as gastrointestinal or neurological) that is not under control.**

The study involves an initial medical appointment and treatment plan as well as periodic follow-up appointments with the Asthma Center and the Center for Functional Medicine.