

**Dr Sanjay Gupta:** You wouldn't know it but Jenny MacLeland and husband Michael have battled severe asthma since childhood.

**Jenny:** I was on the highest dose of corticosteroid inhaler as well as had to use inhaler at least two to three times a day.

**Michael:** Even on medication and stuff like that I was in and out at the emergency room a couple of times a month.

**Gupta:** But now a new medical breakthrough could change the lives of thousands of asthma sufferers. It's called bronchial thermoplasty.

**Dr Castro:** It allows us to go down into your windpipe, into your bronchial tubes and deliver a very controlled energy, controlled heat to the lining of the windpipe.

**Gupta:** Here is how it works: when the smooth muscle around your windpipe constricts, it causes shortness of breath, chest tightness.

**Dr Castro:** And so what we're able to do with this treatment is to decrease that muscle, so it's not doing that to you.

**Gupta:** It's three treatments, three weeks apart and no overnight hospital stay. Asthma symptoms could flare up for 24 hours but within a week they're generally gone for good. Mario Castro, a pulmonologist led the study on nearly 300 patients, the largest of its kind in the United States.

**Dr Castro:** It resulted in a decrease in your asthma symptoms, shortness of breath, wheezing, chest tightness. It also resulted in less emergency room visits, less hospitalizations, less days missed from work or school.

**Gupta:** To be exact, patients in the study who got the treatment logged 84% fewer visits to the ER than patients who didn't. But it doesn't come without risks.

**Dr Edelmann:** It's a complex procedure, people have to be trained to use the technique.

**Female presenter:** Here you go, so I mean as always when you're talking about things that are seeking approval there are benefits and there are of course risks but who would be the ideal patient for this type of treatment Sanjay?

**Gupta:** Yeah, you know, it's interesting. It's not to be done prophylactically, meaning trying to take somebody who has minimal asthma and prevent them from having severe attacks, at least not yet. The best candidate is someone who has severe, somewhat debilitating asthma and who simply hasn't responded to some of the basic things, whether it be a therapy or whether it be some of the existing medications. They're not getting any response. These are the people young, healthy and show up in the emergency room in significant distress, that's the candidate they're sort of zeroing in on right now.

### **Translation:**

1. C'est une avancée spectaculaire dans le domaine des maladies respiratoires. L'asthme pourrait un jour être guéri.
2. Parmi les symptômes de l'asthme, on peut remarquer les sibilances, une oppression thoracique et des difficultés respiratoires.
3. La paroi intérieure des bronches est irritée, les muscles se resserrent. L'asthme est vraiment une maladie invalidante.
4. J'ai des crises d'asthme régulières depuis que j'ai déménagé à Paris.

1. It is a breakthrough in the field of respiratory diseases. Asthma could one day be cured.
2. Among the symptoms of asthma, one may notice wheezing, chest tightness and shortness of breath.
3. The lining of the bronchi is inflamed, the muscles constrict. Asthma is truly a debilitating disease.
4. I have had asthma attacks/flare-ups since I moved in Paris.