

Asthma and COPD Medicines



Maintenance/Controller Medicines

Inhaled Corticosteroids (ICS) asthma only

























Fluticasone Propionate Diskus® fluticasone propionate 50/100/250 mcg









200 mcg/62.5 mcg/25 mcg A







100/50, 250/50, 500/50 mcg









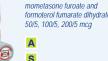






SMART/MART

Symbicort® budesonide and form fumarate dihydrate 80/4 5 160/4 5 mca



Dulera®



Triple Therapy (ICS-LABA-LAMA) Trelegy Ellipta Breztri Aerosphere® budesonide glycopyrro 100 mcg/62.5 mcg/25 mcg A C formoterol fumarate





Long-Acting Muscarinic Antagonists (LAMA)

Incruse® Ellipta® Lonhala Magnair®







Fasenra"

benralizumab

30 ma



















LAMA-LABA COPD only Anoro® Ellipta Bevespi Aerosphere® 55/22, 62,5/25 mca







Add-On Medicines

Monoclonal Antibody (biologics, injection)

Cingair® 100 mg

Nucala[®] 100 mg

Dupixent® dupilumab 100/200/300 mg

Α

Tezspire[™] Xolair[®] 210 mg 75/150 ma

PDE Inhibitors PDE4 PDE3/4

Daliresp® 250/500 mcg



Ohtuvayre[™]

ensifentrine

Leukotriene Receptor Antagonists (LTRA)

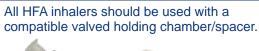
Singulair® 4/5/10 mg



Zyflo®

zileuton FR

600 mg



Use a valved holding chamber/spacer



You can also connect with a lung health navigator for one-on-one, free support from the American Lung Association's Lung HelpLine at 1-800-LUNGUSA.

How-To Videos



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Definitions

- ICS = Inhaled Corticosteroid helps relieve and prevention of inflammation of the airways. They should be taken daily to gain asthma control.
- SABA = Short-Acting Beta2-Agonist this medication quickly relaxes tight
 muscle bands around the airways (bronchi). Provide fast relieve to sudden
 asthma symptoms such as wheezing, cough, and shortness of breath.
- LABA = Long-Acting Beta2-Agonist relaxes tight muscle bands around the airways (bronchi). Provide relieve over time, 12 to 24 hours.
- **SAMA** = Short Acting Muscarinic Antagonist- provides quick relieve for cough and mucus production.
- LAMA = Long-Acting Muscarinic Antagonist relieves cough and mucus production, mostly for people who have chronic obstructive pulmonary disease.
- LTRA = Leukotriene Receptor Antagonist blocks leukotriene release into blood, anti-inflammatory.
- Combination Therapy = ICS-LABA, ICS-SABA, LAMA-LABA, ICS-LABA-LAMA (Triple Therapy)- Medications are combined to decrease or prevent inflammation, prevent or relax muscle tightness, and in the case of triple therapy, relieve cough and mucus production.

Resources for Asthma and COPD

Guidelines:

National Institute of Health Asthma Guidelines Global Initiative for Asthma (GINA) Global Initiative For Chronic Obstructive Lung Disease (GOLD)

Resources:

American Lung Association Lung.org/asthma Lung.org/COPD

Asthma Control Assessment

- Baylor College of Medicine's Rules of Two®
- Asthma Control Test[™]
- American Lung Association My Asthma Control Assessment Tool

Centers for Disease Control and Prevention- Asthma CDC.gov/Asthma

SMART/MART

SMART (Single Maintenance and Reliever Therapy) or MART (Maintenance and Reliever Therapy) are a next-generation asthma treatment containing an ICS (inhaled corticosteroid) with formoterol (long-acting beta agonist) combined into one inhaler. SMART/MART includes formoterol due to its ability to be fast-acting for rapid onset of asthma symptoms (similar to a short-acting beta agonist) with a longer lasting effect. This SMART treatment option may be prescribed to those with moderate to severe persistent asthma, as a daily controller medication (ICS/ formoterol) and/or to treat rapid onset of symptoms as a quick relief medicine.

Key Messages SMART/MART

- Less complicated to use for managing asthma symptoms and just effective.
- Less complicated to use (one single inhaler) for managing asthma symptoms and just as effective.
- Used to treat symptoms when they start and for daily maintenance.
- Always recommend use of MDI with a valved holding chamber/spacer.
- This treatment option is not available for everyone. If someone is already well controlled on current treatment, shared decision making is important before making changes.
- Rinse mouth and spit out after use.
- Talk to your healthcare provider for more information.
- Low dose of ICS-LABA (formoterol) is use for maintenance treatment as well as-needed for asthma symptoms relief.

AIR (Anti-Inflammatory Reliever)

AIR (Anti-Inflammatory Reliever) is a treatment that contains ICS and a quick relief medication (ICS-SABA).

Key Messages AIR

- Provide quick relief of asthma symptoms due to bronchoconstriction (wheezing, cough, shortness of breath).
- Reduce the risk of future asthma episodes by controlling inflammation in the airways.
- · Use as-need for asthma symptoms quick relief.

PDE Inhibitors

PDE Inhibitors = are types of medications that block specific enzymes in the body called phosphodiesterases (PDEs).

PDE3/4 inhibitors help relax airway muscles for bronchodilation and reduce inflammation.

PDE4 inhibitors help reduce inflammation and are commonly used for conditions like asthma and COPD.

(English, Spanish, Hebrew)

Asthma Action Plan

Asthma Action Plan for Home and School

