

# Adults & adolescents 12+ years

## Personalized asthma management:

Assess, Adjust, Review response

Symptoms  
Exacerbations  
Side-effects  
Lung function  
Patient satisfaction



Confirmation of diagnosis if necessary  
Symptom control & modifiable risk factors (including lung function)  
Comorbidities  
Inhaler technique & adherence  
Patient preferences and goals

Treatment of modifiable risk factors and comorbidities  
Non-pharmacological strategies  
Asthma medications (adjust down or up)  
Education & skills training

ICS-formoterol is the preferred reliever for patients prescribed maintenance and reliever therapy. For other ICS-LABAs, the reliever is SABA

## Asthma medication options:

Adjust treatment up and down for individual patient needs

### PREFERRED CONTROLLER

To prevent exacerbations and control symptoms

Other controller options

#### STEP 1

As-needed low dose ICS-formoterol \*

Low dose ICS taken whenever SABA is taken †

#### STEP 2

Daily low dose inhaled corticosteroid (ICS), or as-needed low dose ICS-formoterol \*

Daily leukotriene receptor antagonist (LTRA) or low dose ICS taken whenever LABA taken †

#### STEP 3

Low dose ICS-LABA

Medium dose ICS, or low dose ICS+LTRA †

#### STEP 4

Medium dose ICS-LABA

High dose ICS, add-on tiotropium, or add-on LTRA †

#### STEP 5

High dose ICS-LABA  
Refer for phenotypic assessment & add-on therapy e.g. tiotropium, anti-IgE, anti-IL5/4R, anti-IL13

Add low dose OCS, but consider side-effects

### PREFERRED RELIEVER

Other reliever option

As-needed low dose ICS-formoterol \*

As-needed low dose ICS-formoterol for patients prescribed maintenance and reliever therapy‡

As-needed short-acting  $\beta_2$ -agonist (SABA)

\* Data only with budesonide-formoterol (bud-form)

† Separate or combination ICS and SABA inhalers

‡ Low-dose ICS-form is the reliever only for patients prescribed bud-form or BDP-form maintenance and reliever therapy

§ Consider adding HDM SLIT for sensitized patients with allergic rhinitis and FEV1 >70% predicted

# Bronchial Asthma Gina Guidelines 2013

**S Ashworth**



## **Bronchial Asthma Gina Guidelines 2013:**

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Bronchial Asthma Gina Guidelines 2013** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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