

Box 3-5A

Adults & adolescents 12+ years

Personalized asthma management:

Assess, Adjust, Review response



Asthma medication options:

Adjust treatment up and down for individual patient needs

PREFERRED CONTROLLER
to prevent exacerbations and control symptoms

STEP 1
As-needed low dose ICS-formoterol *

STEP 2

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

STEP 3

Low dose ICS-LABA

STEP 4

Medium dose ICS-LABA

High dose ICS-LABA
Refer for phenotypic assessment & addition therapy, e.g. biologics, omalizumab, mepolizumab, dupilumab

Other controller options

Low dose ICS taken whenever SABA is taken †

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

Medium dose ICS, or low dose ICS+LTRA †

High dose ICS, or ICS+LTRA, or medium LTRA †

Anti-IgE IgE, but consider side effects

PREFERRED RELIEVER

Other reliever option

As-needed low dose ICS-formoterol *

As-needed short-acting β -agonist (SABA)

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

* 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 bud-form maintenance and reliever therapy

† Consider using HDM SLIT for sensitized patients with allergic rhinitis and $PFTV1 <70\%$ predicted

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

Bronchial Asthma Gina Guidelines 2013

S Ashworth

Bronchial Asthma Gina Guidelines 2013:

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