

# Why Prescribe SMART/MART & AIR?

**(S)MART:** Single Maintenance and Reliever Therapy or Maintenance and Reliever Therapy – Uses a single ICS-formoterol combination inhaler\* that is dosed daily and PRN for asthma symptoms.


 Quick relief of asthma symptoms like short-acting b2-agonists (SABA)  
**Works in 2-3 minutes and lasts up to 12 hours**

**Why is (S)MART better for your patients than separate quick-relief and control therapy?**


- **It reduces the risk of severe asthma exacerbations**, SABA overuse and corticosteroid-associated adverse events that can lead to increased risk of exacerbations.
- **Easier for patients so better adherence** – one inhaler to fill, keep track of and use appropriately.


**Only use medications that contain ICS and formoterol\***

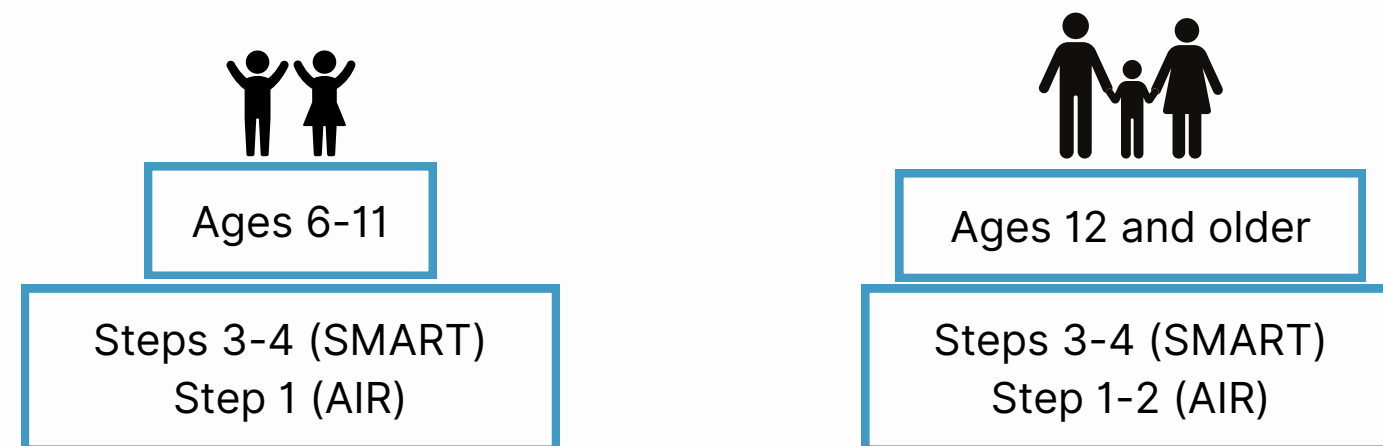
- budesonide/formoterol (generic)
- Breyza 80/4.5 or 160/4.5
- Symbicort 80/4.5 or 160/4.5
- Dulera 50/5, 100/5, 200/5

**AIR: Anti-Inflammatory Relievers:** ICS-formoterol as-needed OR ICS-SABA as single inhaler (>18yo) or 2 separate inhalers 

## Who should be using (S)MART? Patients who...

 Are uncontrolled on traditional moderate asthma therapy. Switch to SMART on the same treatment step they are currently on *before* moving up.

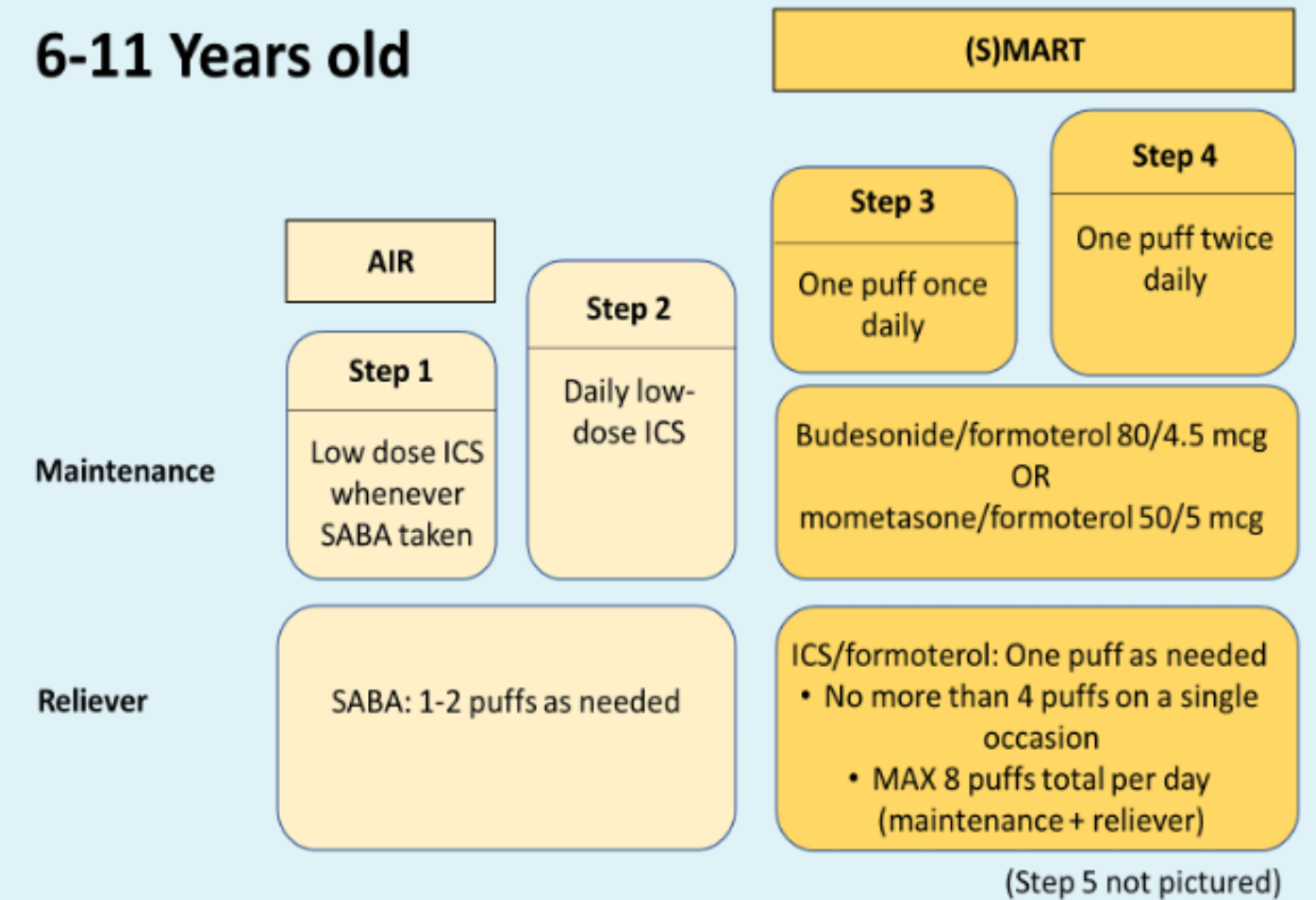
 Over-rely on their reliever inhalers and regularly skip their maintenance inhaler when asymptomatic.



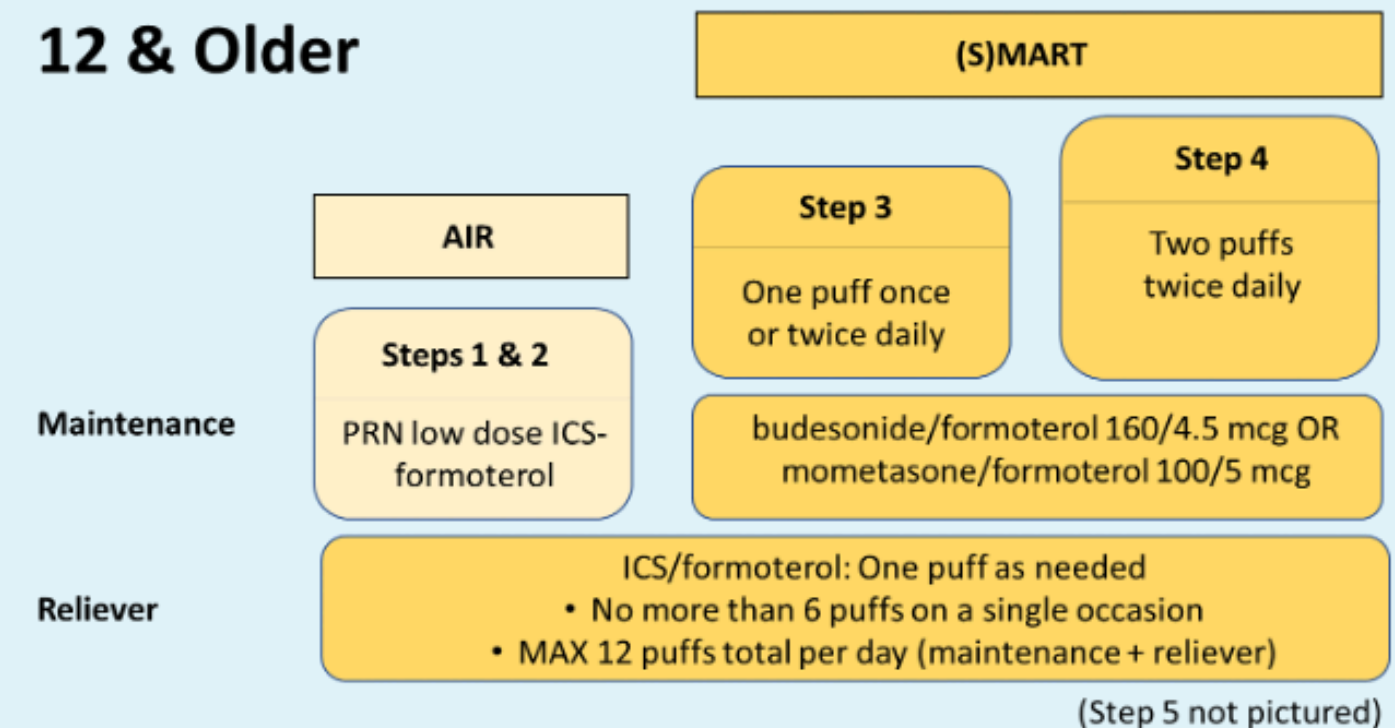
\*Do not use medications that contain salmeterol (slower onset, flat dose-response) or vilanterol (ultra long-acting)

# SMART/MART & AIR Prescribing Guide

## 6-11 Years old



## 12 & Older



# 6-11 Years old

	Air		(S)MART	
Maintenance	Step 1: Low dose ICS whenever SABA taken	Step 2: Daily Low-dose ICS	Step 3: One puff once daily	Step 4: One puff twice daily
			Budesonide/formoterol 80/4.5 mcg OR mometsaone/formoterol 50/5mcg	
Reliever	SABA: 1-2 puffs as needed		ICS/formoterol: One puff as needed <ul style="list-style-type: none"> <li>No more than 4 puffs on a single occasion</li> <li>MAX 8 puffs total per day (maintenance + reliever)</li> </ul>	

(Step 5 not included)

# 12 years and older

	Air	(S)MART	
Maintenance	Steps 1 & 2: PFN low dose ICS-formoterol	Step 3: One puff once or twice daily	Step 4: Two puffs twice daily
		Budesonide/formoterol 160/4.5 mcg OR mometsaone/formoterol 100/5mcg	
Reliever	ICS/formoterol: One puff as needed <ul style="list-style-type: none"> <li>No more than 6 puffs on a single occasion</li> <li>MAX 12 puffs total per day (maintenance + reliever)</li> </ul>		

(Step 5 not included)