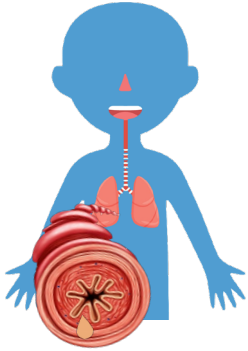


What is SMART for Asthma?

(Single Maintenance And Reliever Therapy)



Asthma airway, tight & swollen

Asthma causes **swelling** (inflammation) and **squeezing** in the airways of the lungs. This can make you have **asthma symptoms** like coughing, wheezing and chest feeling tight.

Airways can also have **swelling** when you don't have any symptoms. This is why you need to take a **steroid puffer (inhaler)** to keep the swelling down.

When asthma symptoms start and airways are **squeezing**, you need help right away. This is why you need to take a **rescue puffer** to loosen up the squeezed airway.

SMART helps keep asthma under control using just 1 puffer



- Use a **SMART puffer daily** as your doctor tells you to keep the swelling down and keep your breathing easy. It lasts up to 12 hours.
- Use a **SMART puffer when something triggers your asthma**, like a cold, smoke or pollen, and you need help right away. It works in 2-3 minutes.
- Only a few puffers can be used for **SMART**: Symbicort, Breyna and Dulera. Use them with a **spacer** (valved holding chamber).

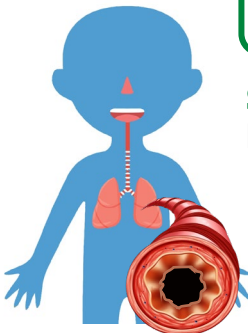
SMART may be right for you if:

- × You had **one or more ER visits or hospital stays** in the past year.
- × You had **two or more bursts (3-5 days) of steroids**, pills or syrup by mouth, or two decadron shots in the past year.
- × You have **used albuterol or other rescue puffer** two or more times per week.
- × You **wake up with asthma symptoms** two or more times per month.
- × You have asthma symptoms **when being active or playing**.


Ask your doctor if SMART could work for you!

SMART can help you get, and keep, good asthma control!

- ✓ No asthma symptoms with sleep, play or being active.
- ✓ Airways are open with no swelling and breathing is easy.



Asthma Control

- ✓ Track asthma symptoms and rescue doses.
- ✓ Make sure to take **SMART** medicine as the doctor ordered.
- ✓ Make a **new asthma action plan** with your doctor.
- ✓ Use a **spacer**  (valved-holding chamber), with mask if needed.

Call your doctor today!

