



















Asthma and COPD Medicines

Quick Reliever Medicines


Short-Acting Beta₂-Agonists (SABA) Albuterol Sulfate HFA albuterol sulfate 90 mcg G 						Albuterol Sulfate Neb 0.64 mg/3 ml; 1.25 mg/3 ml; 2.5 mg/3 ml G 		ProAir® RespiClick albuterol sulfate 117 mcg G 		Proventil® HFA albuterol sulfate 120 mcg G 		Ventolin® HFA albuterol sulfate 90 mcg G 		Xopenex HFA® levalbuterol tartrate 50 mcg G 		Xopenex® Neb levalbuterol hydrochloride 0.31 mg/3 ml; 0.63 mg/3 ml; 1.25 mg/3 ml G 		Short-Acting Muscarinic Antagonists (SAMA) Atrovent® HFA ipratropium bromide 17 mcg C 		Atrovent® Neb ipratropium bromide 250/500 mcg G 		Short-Acting Combinations (SABA-SAMA) Combivent® Respimat® ipratropium bromide and albuterol 20/100 mcg C 		DuoNeb® ipratropium bromide and albuterol sulfate 0.5 mg-3 mg/3 ml G 		AIR Short-Acting Combinations (SABA-ICS) AirSupra® (albuterol and budesonide) 90/80 mcg A 	
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Maintenance/Controller Medicines

Inhaled Corticosteroids (ICS) asthma only Alvesco® HFA ciclesonide 80/160 mcg 										ArmonAir™ RespiClick® fluticasone propionate 55/113/232 mcg 		Arnuity® Ellipta® fluticasone furoate 100/200 mcg 		Asmanex® HFA mometasone furoate 100/200 mcg 		Asmanex® Twisthaler® mometasone furoate 110/220 mcg 		Budesonide Inhalation Suspension 0.25 mg/2 ml; 0.5 mg/2 ml; 1 mg/2 ml 		Fluticasone Propionate Diskus® fluticasone propionate 50/100/250 mcg 		Fluticasone Propionate HFA fluticasone propionate 44/110/220 mcg 		Pulmicort® Flexhaler® budesonide 90/180 mcg 		Pulmicort Respules® budesonide inhalation suspension 0.25 mg/2 ml, 0.5 mg/2 ml, 1 mg/2 ml 		QVAR® Redihaler™ beclomethasone dipropionate 40/80 mcg 	
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Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta₂-Agonists) (ICS-LABA) Advair Diskus® fluticasone propionate and salmeterol 100/50, 250/50, 500/50 mcg G M 						Advair® HFA fluticasone propionate and salmeterol xinafoate 45/21, 115/21, 230/21 mcg 		AirDuo® RespiClick® fluticasone propionate and salmeterol 55/14, 113/14, 232/14 mcg G 		Breo® Ellipta® fluticasone and vilanterol 100/25, 200/25 mcg G M 		Wixela™ Inhub™ fluticasone propionate and salmeterol xinafoate 100/50, 250/50, 500/50 mcg 		SMART/MART Symbicort® budesonide and formoterol fumarate dihydrate 80/4.5, 160/4.5 mcg G S 				Breyna™ budesonide and formoterol fumarate dihydrate 80/4.5, 160/4.5 mcg A C 		Dulera® mometasone furoate and formoterol fumarate dihydrate 50/5, 100/5, 200/5 mcg A S 		Triple Therapy (ICS-LABA-LAMA) Trelegy Ellipta fluticasone/vilanterol/umeclidinium 100 mcg/62.5 mcg/25 mcg A C 200 mcg/62.5 mcg/25 mcg A 				Breztri Aerosphere® budesonide glycopyrrolate formoterol fumarate 160/9/4.8 mcg C 	
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Long-Acting Muscarinic Antagonists (LAMA) Incruse® Ellipta® umeclidinium 62.5 mcg C 						Lonhala Magnair® glycopyrrolate 25 mcg/1 ml C 		Spiriva® HandiHaler® tiotropium bromide 18 mcg C 		Spiriva® Respimat® tiotropium bromide 1.25 mcg A C 		Tudorza™ Pressair™ aclidinium bromide 400 mcg C 		Yupelri® Neb revelenacin 175 mcg/3 ml C 		Long-Acting Beta₂-Agonists (LABA) COPD only Brovana® Neb arformoterol 15 mcg 		Perforomist® Neb formoterol fumarate dihydrate 20 mcg 		Serevent® Diskus® salmeterol xinafoate 50 mcg 		Striverdi® Respimat® olodaterol hydrochloride 2.5 mcg 		LAMA-LABA COPD only Anoro® Ellipta umeclidinium and vilanterol 55/22, 62.5/25 mcg 				Bevespi Aerosphere® glycopyrrolate and formoterol 9/4.8 mcg 		Duaklir® Pressair® aclidinium and formoterol 400/12 mcg 		Stiolto® Respimat® olodaterol and tiotropium bromide 2.5/2.5 mcg 	
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Add-On Medicines Monoclonal Antibody (biologics, injection) Cinqair® reslizumab 100 mg A 				Dupixent® dupilumab 100/200/300 mg A C 		Fasenra™ benralizumab 30 mg A 		Exdensus™ depemokimab-ulaa 100 mg A 		PDE Inhibitors PDE4 Daliresp® roflumilast 250/500 mcg C 		PDE3/4 Ohtuvayre™ ensifentrine 3mg/2.5mL C 		Leukotriene Receptor Antagonists (LTRA) Singulair® montelukast sodium 4/5/10 mg 		Zyflo® zileuton ER 600 mg 		Use a valved holding chamber/spacer All HFA inhalers should be used with a compatible valved holding chamber/spacer. 				How-To Videos 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. 			
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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](#)
- [Asthma Impairment and Risk Questionnaire \(AIRQ®\)](#)

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 (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 rescue/reliever inhaler that contains both an ICS and rapid acting bronchodilator (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 needed 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.

Asthma Action Plan (Multiple languages)



Asthma Action Plan for Home and School

