


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*

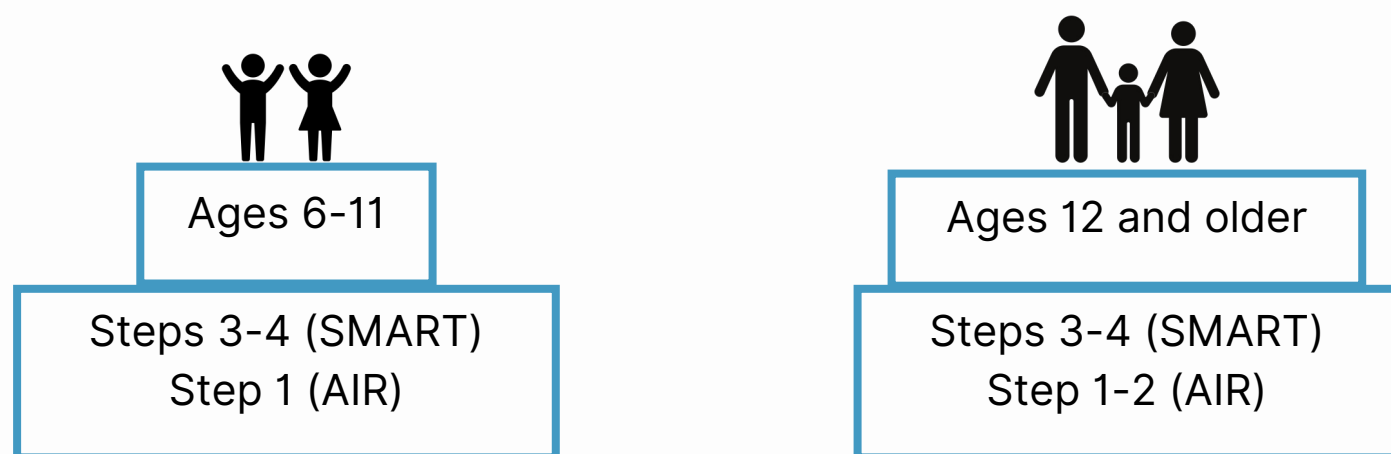
- budesonide/formoterol (generic)
- Symbicort 80/4.5 or 160/4.5
- Breyna 80/4.5 or 160/4.5
- Dulera 50/5, 100/5, 200/5

AIR: Anti-Inflammatory Relievers: ICS-formoterol as-needed OR ICS-SABA as single inhaler (AIRSUPRA >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.

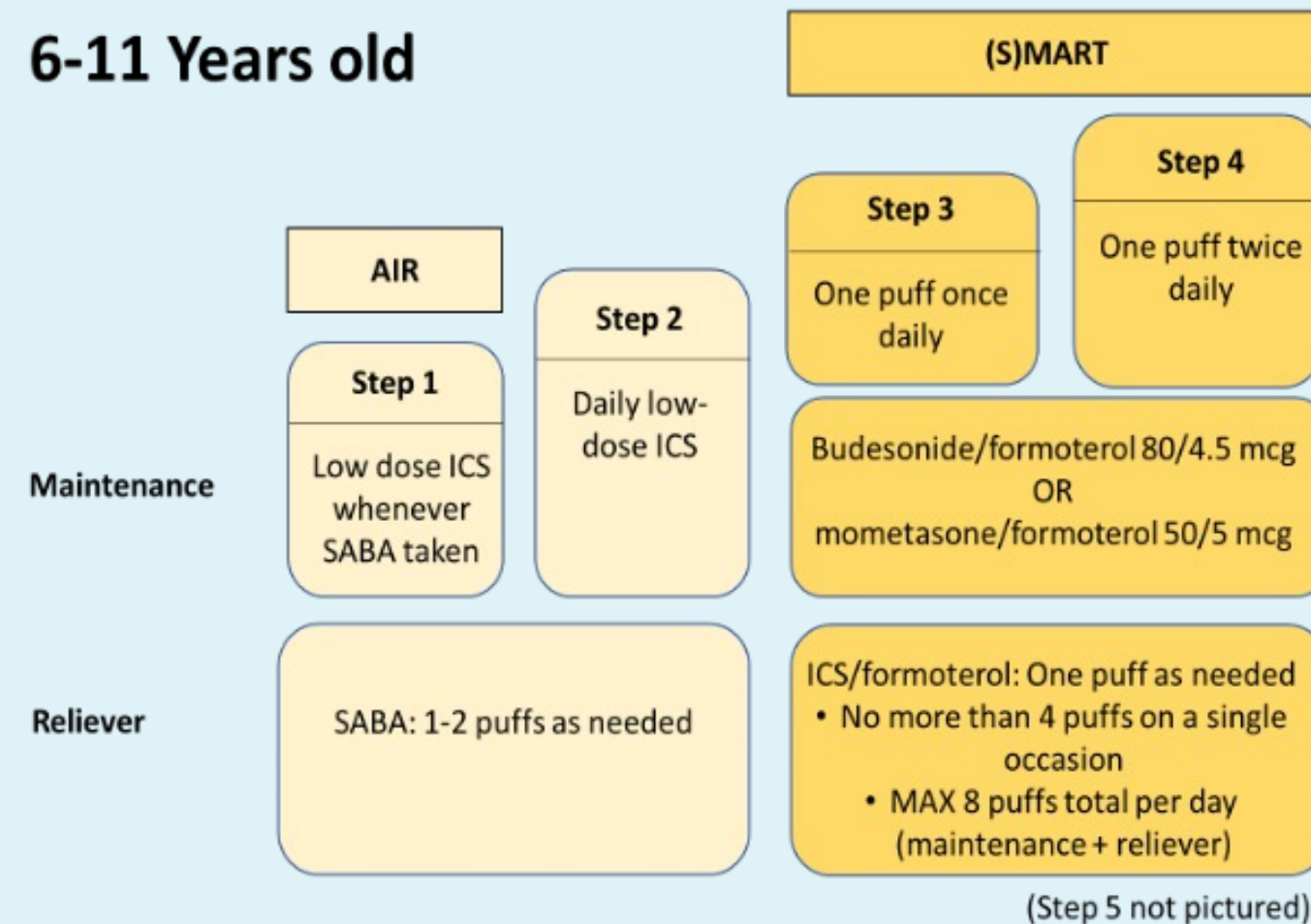
 Over-rely on their reliever inhalers and regularly skip their maintenance inhaler when asymptomatic.



*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

