

Asthma and COPD Medicines

Quick Reliever Medicines Short-Acting Beta,-Agonists (SABA) **Short-Acting Muscarinic Short-Acting Combinations Antagonists (SAMA)** (SABA-SAMA) Albuterol Sulfate Albuterol Sulfate ProAir® Digihaler™ ProAir® RespiClick Proventil® HFA Ventolin® HFA Xopenex HFA® Xopenex® Neb **DuoNeb®** ipratropium bromide Neb Combivent® Respimat® Atrovent® HFA Atrovent® Neb 0.31 mg/3 ml; 0.63 mg/ and albuterol sulfate albuterol sulfate 90 mcg 0.64 mg/3 ml; 1.25 mg/3 ml; ipratropium bromide and al. 3 ml; 1.25 mg/3 ml 0.5 ma-3 ma/3 ml 2.5 mg/3 ml 17 mca 20/100 mca 250/500 mca C ₩ DuoNeb

How-To Videos

Maintenance/Controller Medicines

Inhaled Corticosteroids (ICS) asthma only

























Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta, -Agonists) (ICS-LABA)









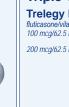














Long-Acting Muscarinic Antagonists (LAMA)

Incruse® Ellipta® Lonhala Magnair® umeclidinium 62.5 mcg





























Add-On Medicines

Monoclonal Antibody (biologics, injection)

Cingair® 100 mg

Nucala[®]

100 mg

Dupixent® dupilumab 100/200/300 mg

Tezspire[™]

210 mg

Fasenra™ 30 mg

Xolair[®] omalizumab

75/150 ma



PDE4 Inhibitor

Daliresp®

250/500 mca

Leukotriene Receptor **Antagonists (LTRA)**

Singulair® montelukast sodium 4/5/10 mg



Zyflo®

zileuton ER

600 mg



Use a valved holding chamber/spacer





Definitions

- ICS = Inhaled Corticosteroid
- ICS-LABA or LAMA-LABA = Combination Therapy
- ICS-LABA-LAMA = Triple Therapy
- LABA = Long-Acting Beta Agonist
- LAMA = Long-Acting Muscarinic Antagonist
- LTRA = Leukotriene Receptor Antagonist
- SABA = Short-Acting Beta Agonist
- SAMA = Short-Acting Muscarinic Antagonist
- SMART = Single Maintenance and Reliever Therapy

SMART

SMART (Single Maintenance And Reliever Therapy) is a next-generation asthma treatment containing an ICS (inhaled corticosteroid) with formoterol (long-acting beta agonist) combined into one inhaler. SMART 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

- Less complicated to use (one single inhaler) for managing asthma symptoms and just as effective
- Used to treat symptoms when they start and also 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

Resources for Asthma and COPD

- Asthma Care Quick Reference
 https://www.nhlbi.nih.gov/files/docs/guidelines/asthma qrg.pdf
- GOLD Reports for COPD www.goldcopd.org
- American Lung Association

www.lung.org/COPD www.lung.org/COPD

How to use a metered-dose inhaler with a valved holding chamber (spacer)

Prime a brand-new inhaler: Before using it for the first time, if you have not used it for more than 7 days, or if it has been dropped.



1. Shake inhaler 10 seconds.



 Take the cap off the inhaler and valved holding chamber. Make sure the mouthpiece and valved holding chamber are clean and there is nothing inside the mouthpieces.



3. Put inhaler into the chamber/spacer.



4. Breathe out away from the device.



5. Put chamber mouthpiece in mouth.



Press inhaler once and breathe in deep and steadily.



7. Hold your breath for 10 seconds, then breathe out slowly.

If you need another puff of medicine, wait 1 minute and repeat steps 4-7.



8. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit Lung.org.

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for oneon-one, free support from the American Lung Association's Lung HelpLine at 1-800-LUNGUSA.