### Quick-Reliever Beta-2-Agonists (SABA)

<table>
<thead>
<tr>
<th>Medication</th>
<th>Strength</th>
<th>Manufacturer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albuterol Sulfate HFA</td>
<td>80 mcg</td>
<td>ProAir® Digitalizer™</td>
</tr>
<tr>
<td>Albuterol Sulfate HFA</td>
<td>90 mcg</td>
<td>ProAir® RespIClick™</td>
</tr>
<tr>
<td>ProAir® RespIClick™</td>
<td>117 mcg</td>
<td>ProAir® RespIClick™</td>
</tr>
<tr>
<td>Proventil® HFA</td>
<td>120 mcg</td>
<td>Ventolin® HFA</td>
</tr>
<tr>
<td>Xopenex® HFA</td>
<td>50 mcg</td>
<td>Xopenex® HFA</td>
</tr>
</tbody>
</table>

### Inhaled Corticosteroids (ICS)

<table>
<thead>
<tr>
<th>Medication</th>
<th>Strength</th>
<th>Manufacturer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alvesco® HFA</td>
<td>80 mcg</td>
<td>Alvesco® HFA</td>
</tr>
<tr>
<td>Armoyna® RespIClick™</td>
<td>50 mcg</td>
<td>Armoyna® RespIClick™</td>
</tr>
<tr>
<td>Asmanex® HFA</td>
<td>100/25 mcg</td>
<td>Asmanex® HFA</td>
</tr>
<tr>
<td>Asmanex® Twisthaler®</td>
<td>100/25 mcg</td>
<td>Asmanex® Twisthaler®</td>
</tr>
<tr>
<td>Budesonide Inhalation Suspension</td>
<td>0.25 mg/2 ml</td>
<td>Budesonide Inhalation Suspension</td>
</tr>
<tr>
<td>Pulmicort® Flexhaler®</td>
<td>50 mcg</td>
<td>Pulmicort® Flexhaler®</td>
</tr>
<tr>
<td>Pulmicort Respules®</td>
<td>80/90 mcg</td>
<td>Pulmicort Respules®</td>
</tr>
<tr>
<td>QVAR® Redihauler®</td>
<td>3.125 mcg</td>
<td>QVAR® Redihauler®</td>
</tr>
</tbody>
</table>

### Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta-2-Agonists) (ICS-LABA)

<table>
<thead>
<tr>
<th>Medication</th>
<th>Strength</th>
<th>Manufacturer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advair® Disks®</td>
<td>100 mcg</td>
<td>Advair® Disks®</td>
</tr>
<tr>
<td>Advair® HFA</td>
<td>110 mcg</td>
<td>Advair® HFA</td>
</tr>
<tr>
<td>AirDuo® RespIClick™</td>
<td>25/50 mcg</td>
<td>AirDuo® RespIClick™</td>
</tr>
<tr>
<td>Breo® Ellipta®</td>
<td>55 mcg</td>
<td>Breo® Ellipta®</td>
</tr>
<tr>
<td>Wixela® Inhala™</td>
<td>55 mcg</td>
<td>Wixela® Inhala™</td>
</tr>
</tbody>
</table>

### Long-Acting Muscarinic Antagonists (LAMA)

<table>
<thead>
<tr>
<th>Medication</th>
<th>Strength</th>
<th>Manufacturer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asmaclon™</td>
<td>25 mcg</td>
<td>Asmaclon™</td>
</tr>
<tr>
<td>Spiriva® Handihaler®</td>
<td>25 mg</td>
<td>Spiriva® Handihaler®</td>
</tr>
<tr>
<td>Spiriva® Respimat®</td>
<td>25 mcg</td>
<td>Spiriva® Respimat®</td>
</tr>
<tr>
<td>Tudorza® Pressair®</td>
<td>125 mcg</td>
<td>Tudorza® Pressair®</td>
</tr>
<tr>
<td>Yupeln® Neb</td>
<td>170 mcg</td>
<td>Yupeln® Neb</td>
</tr>
</tbody>
</table>

### Long-Acting Beta-Agonists (LABA)

<table>
<thead>
<tr>
<th>Medication</th>
<th>Strength</th>
<th>Manufacturer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serevent® Disks®</td>
<td>40 mcg</td>
<td>Serevent® Disks®</td>
</tr>
<tr>
<td>Serevent® Respin®</td>
<td>40 mcg</td>
<td>Serevent® Respin®</td>
</tr>
<tr>
<td>Serevent® Respimat®</td>
<td>20 mcg</td>
<td>Serevent® Respimat®</td>
</tr>
</tbody>
</table>

### Use a valved holding chamber/spacer

All HFA inhalers should be used with a compatible valved holding chamber/spacer.

---

**Maintenance/Controller Medicines**

**Inhaled Corticosteroids (ICS)** (asthma only)

- Alvesco® HFA (budesonide)
- Armoyna® RespIClick™ (budesonide and formoterol)
- Asmanex® HFA (mometasone furoate)
- Asmanex® Twisthaler® (mometasone furoate)
- Budesonide Inhalation Suspension (budesonide)
- Pulmicort® Flexhaler® (budesonide)
- Pulmicort Respules® (budesonide)
- QVAR® Redihauler® (budesonide)

**Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta-2-Agonists) (ICS-LABA)**

- Advair® Disks® (budesonide and formoterol)
- AirDuo® RespIClick™ (budesonide and formoterol)
- Breo® Ellipta® (budesonide and albuterol)
- Wixela® Inhala™ (budesonide and formoterol)

**Long-Acting Muscarinic Antagonists (LAMA)**

- Asmaclon™ (tiotropium)
- Spiriva® Handihaler® (ipratropium bromide)
- Spiriva® Respimat® (ipratropium bromide)
- Tudorza® Pressair® (indacaterol)
- Yupeln® Neb (indacaterol)

**Long-Acting Beta-Agonists (LABA)**

- Serevent® Disks® (salmeterol)
- Serevent® Respin® (salmeterol)
- Serevent® Respimat® (salmeterol)

**Short-Acting Muscarinic Antagonists (SAMA)**

- Atrovent® HFA (ipratropium)
- Atrovent® Neb (ipratropium)
- Bevespi Aerosphere® (ipratropium and umeclidinium)
- Duaklir® Pressair® (ipratropium and formoterol)
- Stioilo® Respimat® (ipratropium and olodaterol)

**Short-Acting Combinations (SABA-SAMA)**

- Combivent® Respimat® (albuterol and ipratropium)
- DuoNeb® (albuterol and formoterol)

**Short-Acting Combinations (SABA-ICS)**

- Advair® HFA (albuterol and budesonide)
- AirDuo® RespIClick™ (albuterol and ciclesonide)
- Breo® Ellipta® (albuterol and fluticasone)
- Breo® Ellipta® (albuterol and fluticasone)
- DuoNeb® (albuterol and formoterol)
- DuoNeb® (albuterol and indacaterol)
- Xopenex® Neb (albuterol and levalbuterol)

**Short-Acting Combinations (SABA-LABA)**

- Telegy Ellipta® (albuterol and formoterol)
- Breztri Aerosphere® (beclometasone and formoterol)

**Short-Acting Combinations (SABA-LAMA)**

- Anoro® Ellipta (albuterol and indacaterol)
- Bevespi Aerosphere® (ipratropium and umeclidinium)
- Duaklir® Pressair® (ipratropium and formoterol)
- Stioilo® Respimat® (ipratropium and olodaterol)

**Triple Therapy (ICS-LABA-LAMA)**

- Tecrroria® (budesonide and formoterol)
- Breztri Aerosphere® (beclometasone and formoterol)

**Disease States:**
- Asthma
- COPD
- Generic
- SMART
- AIR
- AIR

**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.
Definitions

- **ICS** = Inhaled Corticosteroid – helps relieve and prevent 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). It provides fast relief 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). It provides relief over time, 12 to 24 hours.
- **SAMA** = Short Acting Muscarinic Antagonist - provides quick relief 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
- 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 for managing asthma symptoms and just effective.
- 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 treatment that contains ICS and a quick relief medication (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.

Proper Inhalation Technique

Inhalers are the primary method of delivery for medications used to treat asthma and chronic obstructive pulmonary disease (COPD). Medications can only be effective if they are used properly. Using an inhaler correctly delivers the medication to the lungs, where it can work to control symptoms. Using an inhaler incorrectly diminishes the amount of medication reaching the lungs.

©2024 American Lung Association. All rights reserved. (JAN 2024)