Asthma and COPD Medicines

Quick-Reliever Medicines

- **Short-Acting Beta₂-Agonists (SABA)**
  - **Albuterol Sulfate HFA** 90 mcg
  - **Albuterol Sulfate** 0.64 mcg/mL 1.25 mg/2 mL 2.5 mg/5 mL
  - **ProAir® Digihaler™** 90 mcg
  - **ProAir® RespiClick**
  - **Ventolin® HFA** 90 mcg
  - **Xopenex® HFA** 120 mcg
  - **Xopenex® Neb**

- **Long-Acting Beta₂-Agonists (LABA)**
  - **Salmeterol Xinafoate**
  - **Formoterol Fumarate Dihydrate** 0.25 mg/mL 0.5 mg/mL 1 mg/mL
  - **Budesonide and Formoterol**
  - **Mometasone Furoate and Formoterol**

- **Combination Therapy (ICS-LABA-LAMA)**
  - **Flovent® Diskus®**
  - **Flovent® HFA**
  - **Symbicort®**
  - **Duelera®**
  - **Wixel™ InhbuTM**
  - **Breztri Aerosphere®**
  - **Trelegy Ellipta®**

- **Triple Therapy (ICS-LABA-LAMA)**
  - **Bevespi Aerosphere®**
  - **Stiolto®Respimat®**

**Maintenance/Controller Medicines**

- **Inhaled Corticosteroids (ICS) asthma only**
  - **Alvesco® HFA** 80/160 mcg
  - **ArmoAir® RespiClick®**
  - **Arnutil® Ellipta®**
  - **Asmanex® HFA**
  - **Asmanex® Twikhaler®**
  - **Budesonide Inhalation Suspension** 0.25 mg/mL 5 mg/mL 10 mg/mL
  - **Dulera®**
  - **Wixel™ InhbuTM**
  - **Breztri Aerosphere®**
  - **Trelegy Ellipta®**

- **Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta₂-Agonists) (ICS-LABA)**
  - **Advair® DISKUS**
  - **Advair® HFA**
  - **Airdu® RespivClick®**
  - **Brexp® Ellipta®**
  - **Symbicort®**
  - **Dulera®**

- **Long-Acting Muscarinic Antagonists (LAMA)**
  - **Glycopyrrolate and Formoterol**
  - **Oloclater® and Tiotropium**

- **Long-Acting Beta₂-Agonists (LABA)**
  - **Serevent® Diskus®**
  - **Striverdi® Respimat®**

**Add-On Medicines**

- **Monoclonal Antibody** (biologics, injection)
  - **Cinqair®**
  - **Dupixent®**
  - **Fasenra®**
  - **Nucala®**
  - **Tezspire®**
  - **Xolair®**

- **PDE4 Inhibitor**
  - **Daliresp®**

- **Leukotriene Receptor Antagonists (LTRAs)**
  - **Singulair®**
  - **Zyflo®**

**SMART Therapy**

- **Short-Acting Beta₂-Agonists (SABA)**
  - **Albuterol Sulfate** 90 mcg
  - **ProAir® RespiClick**

- **Long-Acting Beta₂-Agonists (LABA)**
  - **Salmeterol Xinafoate**
  - **Formoterol Fumarate Dihydrate**

- **Combination Therapy (ICS-LABA-LAMA)**
  - **Advair® HFA**
  - **Symbicort®**
  - **Duelera®**

- **Add-On Medicines**
  - **Monoclonal Antibody** (biologics, injection)
  - **PDE4 Inhibitor**
  - **Leukotriene Receptor Antagonists (LTRAs)**

**Definitions**

- **ICS = Inhaled Corticosteroid**
- **ICS-LABA or LAMA-LABA = Combination Therapy**
- **ICS-LABA-LAMA = Triple Therapy**
- **LABA = Long-Acting Beta₂-Agonist**
- **LAMA = Long-Acting Muscarinic Antagonist**
- **LTRA = Leukotriene Receptor Antagonist**
- **SABA = Short-Acting Beta₂-Agonist**
- **SAMA = Short-Acting Muscarinic Antagonist**
- **SMART = Single Maintenance and Reliever Therapy**

**Use a valved holding chamber/spacer**

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

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**Resources for Asthma and COPD**

- Asthma Care Quick Reference
  [https://www.nihbi.nih.gov/files/docs/guidelines/asthma_qrg.pdf](https://www.nihbi.nih.gov/files/docs/guidelines/asthma_qrg.pdf)
- GOLD Reports for COPD
  [www.goldcopd.org](http://www.goldcopd.org)
- American Lung Association
  [www.lung.org/asthma](http://www.lung.org/asthma)  [www.lung.org/COPD](http://www.lung.org/COPD)

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**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.
2. 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.
6. 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](http://Lung.org).

Scan the QR Code to access How-To Videos.

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