










# Asthma and COPD Medicines

## Quick Reliever Medicines

<b>Short-Acting Beta<sub>2</sub>-Agonists (SABA)</b> <b>Albuterol Sulfate HFA</b> albuterol sulfate 90 mcg <b>G</b> 					<b>Albuterol Sulfate Neb</b> 0.64 mg/3 ml; 1.25 mg/3 ml; 2.5 mg/3 ml 		<b>ProAir® Digihaler™</b> albuterol sulfate 117 mcg 	<b>ProAir® RespiClick</b> albuterol sulfate 117 mcg 	<b>Proventil® HFA</b> albuterol sulfate 120 mcg <b>G</b> 	<b>Ventolin® HFA</b> albuterol sulfate 90 mcg 	<b>Xopenex HFA®</b> levalbuterol tartrate 50 mcg <b>G</b> 	<b>Xopenex® Neb</b> levalbuterol hydrochloride 0.31 mg/3 ml; 0.63 mg/3 ml; 1.25 mg/3 ml <b>G</b> 		
<b>Short-Acting Muscarinic Antagonists (SAMA)</b> <b>Atrovent® HFA</b> ipratropium bromide 17 mcg <b>C</b> 					<b>Atrovent® Neb</b> ipratropium bromide 250/500 mcg <b>G</b> 		<b>Short-Acting Combinations (SABA-ICS)</b> <b>AirSupra®</b> (albuterol and budesonide) 80, 90 mcg <b>AIR</b> 			<b>Short-Acting Combinations (SABA-SAMA)</b> <b>Combivent® Respimat®</b> ipratropium bromide and albuterol 20/100 mcg <b>C</b> 			<b>DuoNeb®</b> ipratropium bromide and albuterol sulfate 0.5 mg-3 mg/3 ml <b>G</b> 	

## Maintenance/Controller Medicines

<b>Inhaled Corticosteroids (ICS) asthma only</b> <b>Alvesco® HFA</b> ciclesonide 80/160 mcg 			<b>ArmonAir™ RespiClick®</b> fluticasone propionate 55/113/232 mcg 		<b>Arnuity® Ellipta®</b> fluticasone furoate 100/200 mcg 		<b>Asmanex® HFA</b> mometasone furoate 100/200 mcg 		<b>Asmanex® Twisthaler®</b> mometasone furoate 110/220 mcg 		<b>Budesonide Inhalation Suspension</b> 0.25 mg/2 ml; 0.5 mg/2 ml; 1 mg/2 ml 		<b>Pulmicort® Flexhaler®</b> budesonide 90/180 mcg 		<b>Pulmicort Respules®</b> budesonide inhalation suspension 0.25 mg/2 ml, 0.5 mg/2 ml, 1 mg/2 ml 		<b>QVAR® Redihaler™</b> beclomethasone dipropionate 40/80 mcg 	
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<b>Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta<sub>2</sub>-Agonists) (ICS-LABA)</b> <b>Advair Diskus®</b> fluticasone propionate and salmeterol 100/50, 250/50, 500/50 mcg <b>G</b>  <b>Milk</b>					<b>Advair® HFA</b> fluticasone propionate and salmeterol xinafoate 45/21, 115/21, 230/21 mcg 		<b>AirDuo® RespiClick®</b> fluticasone propionate and salmeterol 55/14, 113/14, 232/14 mcg <b>G</b>  <b>Milk</b>		<b>Breo® Ellipta®</b> fluticasone and vilanterol 100/25, 200/25 mcg <b>G</b>  <b>Milk</b>		<b>Wixela™ Inhub™</b> fluticasone propionate and salmeterol xinafoate 100/50, 250/50, 500/50 mcg 		<b>SMART/MART</b> <b>Symbicort®</b> budesonide and formoterol fumarate dihydrate 80/4.5, 160/4.5 mcg <b>G S</b> 				<b>Dulera®</b> mometasone furoate and formoterol fumarate dihydrate 50/5, 100/5, 200/5 mcg <b>A S</b> 		<b>Triple Therapy (ICS-LABA-LAMA)</b> <b>Trelegy Ellipta</b> fluticasone/vilanterol/umeclidinium 100 mcg/62.5 mcg/25 mcg <b>A C</b> 				<b>Breztri Aerosphere®</b> budesonide glycopyrrolate formoterol fumarate 160/9/4.8 mcg <b>C</b> 	
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<b>Long-Acting Muscarinic Antagonists (LAMA)</b> <b>Incruse® Ellipta®</b> umeclidinium 62.5 mcg <b>C</b> 					<b>Lonhala Magnair®</b> glycopyrrolate 25 mcg/1 ml <b>C</b> 		<b>Spiriva® HandiHaler®</b> tiotropium bromide 18 mcg <b>C</b> 		<b>Spiriva® Respimat®</b> tiotropium bromide 1.25 mcg <b>A C</b> 		<b>Tudorza™ Pressair™</b> aclidinium bromide 400 mcg <b>C</b> 		<b>Yupelri® Neb</b> revelenacin 175 mcg/3 ml <b>C</b> 		<b>Brovana® Neb</b> arformoterol 15 mcg 		<b>Perforomist® Neb</b> formoterol fumarate dihydrate 20 mcg 		<b>Serevent® Diskus®</b> salmeterol xinafoate 50 mcg 		<b>Striverdi® Respimat®</b> olodaterol hydrochloride 2.5 mcg 		<b>Anoro® Ellipta</b> umeclidinium and vilanterol 55/22, 62.5/25 mcg 		<b>Bevespi Aerosphere®</b> glycopyrrolate and formoterol 9/4.8 mcg 		<b>Duakliir® Pressair®</b> aclidinium and formoterol 400/12 mcg 		<b>Stiolto® Respimat®</b> olodaterol and tiotropium bromide 2.5/2.5 mcg 	
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<b>Add-On Medicines</b> <b>Monoclonal Antibody (biologics, injection)</b> <b>Cinqair®</b> reslizumab 100 mg <b>A</b> 			<b>Dupixent®</b> dupilumab 100/200/300 mg <b>A C</b> 		<b>Fasenra™</b> benralizumab 30 mg <b>A</b> 		<b>Nucala®</b> mepolizumab 100 mg <b>A</b> 		<b>Tezspire™</b> tezepelumab-ekko 210 mg <b>A</b> 		<b>Xolair®</b> omalizumab 75/150 mg <b>A</b> 	
<b>PDE Inhibitors</b> <b>PDE4 Daliresp®</b> roflumilast 250/500 mcg <b>C</b> 			<b>PDE3/4 Ohtuvayre™</b> ensifentrine 3mg/2.5mL <b>C</b> 		<b>Leukotriene Receptor Antagonists (LTRA)</b> <b>Singular®</b> montelukast sodium 4/5/10 mg 				<b>Zyflo®</b> zileuton ER 600 mg 			


**Use a valved holding chamber/spacer**

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



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.

**How-To Videos**



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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](#)

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-need 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 (English, Spanish, Hebrew)



### Asthma Action Plan for Home and School

