

# Adults & adolescents 12+ years

## Personalized asthma management:

Assess, Adjust, Review response

Symptoms  
Exacerbations  
Side-effects  
Lung function  
Patient satisfaction



Confirmation of diagnosis if necessary  
Symptom control & modifiable risk factors (including lung function)  
Comorbidities  
Inhaler technique & adherence  
Patient preferences and goals

Treatment of modifiable risk factors and comorbidities  
Non-pharmacological strategies  
Asthma medications (adjust down or up)  
Education & skills training

ICS-formoterol is the preferred reliever for patients prescribed maintenance and reliever therapy. For other ICS-LABAs, the reliever is SABA

## Asthma medication options:

Adjust treatment up and down for individual patient needs

|  |   |  |   |  |   |
|--|---|--|---|--|---|
|  |   | <b>STEP 2</b>  | <b>STEP 3</b>   | <b>STEP 4</b>                                      | <b>STEP 5</b>   |
| <b>PREFERRED CONTROLLER</b><br>to prevent exacerbations and control symptoms | <b>STEP 1</b><br>As-needed low dose ICS-formoterol* | Daily low dose inhaled corticosteroid (ICS), or as-needed low dose ICS-formoterol*       | Low dose ICS-LABA   | Medium dose ICS-LABA                               | High dose ICS-LABA<br>Refer for phenotypic assessment & add-on therapy e.g. tiotropium, anti-IgE, anti-IL5/6, anti-IL13/4/8 |
| Other controller options   | Low dose ICS taken whenever SABA is taken †         | Daily leukotriene receptor antagonist (LTRA) or low dose ICS taken whenever LABA taken † | Medium dose ICS, or low dose ICS+LTRA*  | High dose ICS, add-on tiotropium, or add-on LTRA † | Add low dose ICS, but consider side-effects   |
| <b>PREFERRED RELIEVER</b>  | As-needed low dose ICS-formoterol*                  |  | As-needed low dose ICS-formoterol for patients prescribed maintenance and reliever therapy‡ |  |   |
| Other reliever option  | As-needed short-acting $\beta_2$ -agonist (SABA)    |  |   |  |   |

\* Data only with budesonide-formoterol (bud-form)

† Separate or combination ICS and SABA inhalers

‡ Low-dose ICS-form is the reliever only for patients prescribed bud-form or BDP-form maintenance and reliever therapy

§ Consider adding NCM SLIT for sensitized patients with allergic rhinitis and FEV1 >70% predicted

# Bronchial Asthma Gina Guidelines 2014

**Robert Kliegman, Heather Toth, Brett J.  
Bordini, Donald G. Basel**

## **Bronchial Asthma Gina Guidelines 2014:**

## Unveiling the Magic of Words: A Review of "**Bronchial Asthma Gina Guidelines 2014**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Bronchial Asthma Gina Guidelines 2014**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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