

Asthma and COPD Medicines

Quick Reliever Medicines

Short-Acting Beta₂-Agonists (SABA)

Albuterol Sulfate HFA albuterol sulfate 90 mcg 	Albuterol Sulfate Neb 0.64 mg/3 ml; 1.25 mg/3 ml; 2.5 mg/3 ml 	ProAir[®] Digihaler[™] albuterol sulfate 117 mcg 	ProAir[®] RespiClick albuterol sulfate 117 mcg 	Proventil[®] HFA albuterol sulfate 120 mcg 	Ventolin[®] HFA albuterol sulfate 90 mcg 	Xopenex HFA[®] levalbuterol tartrate 50 mcg 	Xopenex[®] Neb levalbuterol hydrochloride 0.31 mg/3 ml; 0.63 mg/3 ml; 1.25 mg/3 ml 
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Short-Acting Muscarinic Antagonists (SAMA)

Atrovent[®] HFA ipratropium bromide 17 mcg 	Atrovent[®] Neb ipratropium bromide 250/500 mcg 
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AIR

Short-Acting Combinations (SABA-ICS)

AirSupra[®]
 (albuterol and budesonide)
 80, 90 mcg


Short-Acting Combinations (SABA-SAMA)

Combivent[®] Respimat[®] ipratropium bromide and albuterol 20/100 mcg 	DuoNeb[®] ipratropium bromide and albuterol sulfate 0.5 mg-3 mg/3 ml 
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Maintenance/Controller Medicines

Inhaled Corticosteroids (ICS) asthma only

Alvesco[®] HFA ciclesonide 80/160 mcg 	ArmonAir[™] RespiClick[®] fluticasone propionate 55/113/232 mcg 	Arnuity[®] Ellipta[®] fluticasone furoate 100/200 mcg 	Asmanex[®] HFA mometasone furoate 100/200 mcg 	Asmanex[®] Twisthaler[®] mometasone furoate 110/220 mcg 	Budesonide Inhalation Suspension 0.25 mg/2 ml; 0.5 mg/2 ml; 1 mg/2 ml 	Pulmicort[®] Flexhaler[®] budesonide 90/180 mcg 	Pulmicort Respules[®] budesonide inhalation suspension 0.25 mg/2 ml, 0.5 mg/2 ml, 1 mg/2 ml 	QVAR[®] Redihaler[™] beclomethasone dipropionate 40/80 mcg 
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Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta₂-Agonists) (ICS-LABA)

Advair Diskus[®] fluticasone propionate and salmeterol 100/50, 250/50, 500/50 mcg 	Advair[®] HFA fluticasone propionate and salmeterol xinafoate 45/21, 115/21, 230/21 mcg 	AirDuo[®] RespiClick[®] fluticasone propionate and salmeterol 55/14, 113/14, 232/14 mcg 	Breo[®] Ellipta[®] fluticasone and vilanterol 100/25, 200/25 mcg 	Wixela[™] Inhub[™] fluticasone propionate and salmeterol xinafoate 100/50, 250/50, 500/50 mcg 
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SMART/MART

Symbicort[®] budesonide and formoterol fumarate dihydrate 80/4.5, 160/4.5 mcg 	Dulera[®] mometasone furoate and formoterol fumarate dihydrate 50/5, 100/5, 200/5 mcg 
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Triple Therapy (ICS-LABA-LAMA)

Trelegy Ellipta fluticasone/vilanterol/umeclidinium 100 mcg/62.5 mcg/25 mcg 	Breztri Aerosphere[®] budesonide glycopyrrolate formoterol fumarate 160/9/4.8 mcg 
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Long-Acting Muscarinic Antagonists (LAMA)

Incruse[®] Ellipta[®] umeclidinium 62.5 mcg 	Lonhala Magnair[®] glycopyrrolate 25 mcg/1 ml 	Spiriva[®] HandiHaler[®] tiotropium bromide 18 mcg 	Spiriva[®] Respimat[®] tiotropium bromide 1.25 mcg 	Tudorza[™] Pressair[™] aclidinium bromide 400 mcg 	Yupelri[®] Neb revfenacin 175 mcg/3 ml 
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

Long-Acting Beta₂-Agonists (LABA) COPD only

Brovana[®] Neb arformoterol 15 mcg 	Perforomist[®] Neb formoterol fumarate dihydrate 20 mcg 	Serevent[®] Diskus[®] salmeterol xinafoate 50 mcg 	Striverdi[®] Respimat[®] olodaterol hydrochloride 2.5 mcg 
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LAMA-LABA COPD only

Anoro[®] Ellipta umeclidinium and vilanterol 55/22, 62.5/25 mcg 	Bevespi Aerosphere[®] glycopyrrolate and formoterol 9/4.8 mcg 	Duaklir[®] Pressair[®] aclidinium and formoterol 400/12 mcg 	Stiolto[®] Respimat[®] olodaterol and tiotropium bromide 2.5/2.5 mcg 
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Add-On Medicines

Monoclonal Antibody (biologics, injection) A Cinqair[®] reslizumab 100 mg 	Dupixent[®] dupilumab 100/200/300 mg 	Fasenra[™] benralizumab 30 mg 	PDE4 Inhibitor Daliresp[®] roflumilast 250/500 mcg 	Leukotriene Receptor Antagonists (LTRA) Singulair[®] montelukast sodium 4/5/10 mg 	Zyflo[®] zileuton ER 600 mg 
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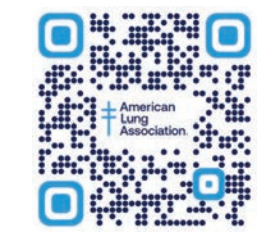
Use a valved holding chamber/spacer

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



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.

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.

Asthma Action Plan
(English, Spanish, Hebrew)



Asthma Action Plan
for Home and School

