American Lung Association.

Asthma and COPD Medicines

Quick Reliever Medicines

Short-Acting Beta$_2$-Agonists (SABA)

Albuterol Sulfate HFA
albuterol sulfate
90 mcg
G



Albuterol Sulfate Neb
0.64 mg/3 ml; 1.25 mg/3 ml; 2.5 mg/3 ml



ProAir® RespiClick
albuterol sulfate
117 mcg



Proventil® HFA
albuterol sulfate
120 mcg
G



Ventolin® HFA
albuterol sulfate
90 mcg



Xopenex HFA®
levalbuterol tartrate
50 mcg
G



Xopenex® Neb
levalbuterol hydrochloride
0.31 mg/3 ml; 0.63 mg/3 ml; 1.25 mg/3 ml
G



AIR

Short-Acting Muscarinic Antagonists (SAMA)

Atrovent® HFA
ipratropium bromide
17 mcg
C



Atrovent® Neb
ipratropium bromide
250/500 mcg
G



Short-Acting Combinations (SABA-ICS)

AirSupra®
(albuterol and budesonide)
80, 90 mcg
AIR



Short-Acting Combinations (SABA-SAMA)

Combivent® Respimat®
ipratropium bromide and albuterol
20/100 mcg
C



DuoNeb®
ipratropium bromide and albuterol sulfate
0.5 mg-3 mg/3 ml
G



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/.5 mg/2 ml/1 mg/2 ml



Fluticasone Propionate Diskus®
fluticasone propionate
50/100/250 mcg



Fluticasone Propionate HFA
fluticasone propionate
44/110/220 mcg



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



Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta$_2$-Agonists) (ICS-LABA)

Advair Diskus®
fluticasone propionate and salmeterol
100/50, 250/50, 500/50 mcg
G
Milk



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
G



Breo® Ellipta®
fluticasone and vilanterol
100/25, 200/25 mcg
G
Milk



Wixela™ Inhub™
fluticasone propionate and salmeterol xinafoate
100/50, 250/50, 500/50 mcg



SMART/MART

Symbicort®
budesonide and formoterol fumarate dihydrate
80/4.5, 160/4.5 mcg
G
S



Dulera®
mometasone furoate and formoterol fumarate dihydrate
50/5, 100/5, 200/5 mcg
A
S



Triple Therapy (ICS-LABA-LAMA)

Trelegy Ellipta
fluticasone/vilanterol/umeclidinium
100 mcg/62.5 mcg/25 mcg A C
200 mcg/62.5 mcg/25 mcg A



Breztri Aerosphere®
budesonide glycopyrrolate formoterol fumarate
160/9/4.8 mcg
C



Long-Acting Muscarinic Antagonists (LAMA)

Incruse® Ellipta®
umeclidinium
62.5 mcg
C



Lonhala Magnair®
glycopyrrolate
25 mcg/1 ml
C



Spiriva® HandiHaler®
tiotropium bromide
18 mcg
C



Spiriva® Respimat®
tiotropium bromide
1.25 mcg
A C



Tudorza™ Pressair™
aclidinim bromide
400 mcg
C



Yupelri® Neb
revefenacin
175 mcg/3 ml
C



Long-Acting Beta$_2$-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

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

Add-On Medicines

Monoclonal Antibody (biologics, injection)

Cinqair®
reslizumab
100 mg
A

Dupixent®
dupilumab
100/200/300 mg
A C

Fasenra™
benralizumab
30 mg
A

Nucala®
mepolizumab
100 mg
A

Tezspire™
tezepelumab-ekko
210 mg
A

Xolair®
omalizumab
75/150 mg
A

PDE Inhibitors

PDE4 Daliresp®
roflumilast
250/500 mcg
C

PDE3/4 Ohtuvayre™
ensifentrine
3mg/2.5mL
C

Leukotriene Receptor Antagonists (LTRA)

Singulair®
montelukast sodium
4/5/10 mg

Zyflo®
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

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