

# Asthma and COPD Medicines

## Quick Reliever Medicines

### Short-Acting Beta<sub>2</sub>-Agonists (SABA)

<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<sup>®</sup> Digihaler<sup>™</sup></b> albuterol sulfate 117 mcg 	<b>ProAir<sup>®</sup> RespiClick</b> albuterol sulfate 117 mcg 	<b>Proventil<sup>®</sup> HFA</b> albuterol sulfate 120 mcg <b>G</b> 	<b>Ventolin<sup>®</sup> HFA</b> albuterol sulfate 90 mcg 	<b>Xopenex HFA<sup>®</sup></b> levalbuterol tartrate 50 mcg <b>G</b> 	<b>Xopenex<sup>®</sup> Neb</b> levalbuterol hydrochloride 0.31 mg/3 ml; 0.63 mg/3 ml; 1.25 mg/3 ml <b>G</b> 
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### Short-Acting Muscarinic Antagonists (SAMA)

<b>Atrovent<sup>®</sup> HFA</b> ipratropium bromide 17 mcg <b>C</b> 	<b>Atrovent<sup>®</sup> Neb</b> ipratropium bromide 250/500 mcg <b>G</b> 
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## AIR

### Short-Acting Combinations (SABA-ICS)

<b>AirSupra<sup>®</sup></b> (albuterol and budesonide) 80, 90 mcg <b>AIR</b> 
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### Short-Acting Combinations (SABA-SAMA)

<b>Combivent<sup>®</sup> Respimat<sup>®</sup></b> ipratropium bromide and albuterol 20/100 mcg <b>C</b> 	<b>DuoNeb<sup>®</sup></b> ipratropium bromide and albuterol sulfate 0.5 mg-3 mg/3 ml <b>G</b> 
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## Maintenance/Controller Medicines

### Inhaled Corticosteroids (ICS) asthma only

<b>Alvesco<sup>®</sup> HFA</b> ciclesonide 80/160 mcg 	<b>ArmonAir<sup>™</sup> RespiClick<sup>®</sup></b> fluticasone propionate 55/113/232 mcg 	<b>Arnuity<sup>®</sup> Ellipta<sup>®</sup></b> fluticasone vortate 100/200 mcg 	<b>Asmanex<sup>®</sup> HFA</b> mometasone furoate 100/200 mcg 	<b>Asmanex<sup>®</sup> Twisthaler<sup>®</sup></b> mometasone furoate 110/220 mcg 	<b>Budesonide Inhalation Suspension</b> 0.25 mg/2 ml/.5 mg/2 ml/1 mg/2 ml 	<b>Pulmicort<sup>®</sup> Flexhaler<sup>®</sup></b> budesonide 90/180 mcg 	<b>Pulmicort Respules<sup>®</sup></b> budesonide inhalation suspension 0.25 mg/2 ml, 0.5 mg/2 ml, 1 mg/2 ml 	<b>QVAR<sup>®</sup> Redihaler<sup>™</sup></b> beclomethasone dipropionate 40/80 mcg 
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### Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta<sub>2</sub>-Agonists) (ICS-LABA)

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

<b>Symbicort<sup>®</sup></b> budesonide and formoterol fumarate dihydrate 80/4.5, 160/4.5 mcg <b>G S</b> 	<b>Dulera<sup>®</sup></b> mometasone furoate and formoterol fumarate dihydrate 50/5, 100/5, 200/5 mcg <b>A S</b> 
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### Triple Therapy (ICS-LABA-LAMA)

<b>Trelegy Ellipta</b> fluticasone/vilanterol/umeclidinium 100 mcg/62.5 mcg/25 mcg <b>A C</b> 	<b>Breztri Aerosphere<sup>®</sup></b> budesonide glycopyrrolate formoterol fumarate 160/9.4/8 mcg <b>C</b> 
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### Long-Acting Muscarinic Antagonists (LAMA)

<b>Incruse<sup>®</sup> Ellipta<sup>®</sup></b> umeclidinium 62.5 mcg <b>C</b> 	<b>Lonhala Magnair<sup>®</sup></b> glycopyrrolate 25 mcg/1 ml <b>C</b> 	<b>Spiriva<sup>®</sup> HandiHaler<sup>®</sup></b> tiotropium bromide 18 mcg 	<b>Spiriva<sup>®</sup> Respimat<sup>®</sup></b> tiotropium bromide 1.25 mcg 	<b>Tudorza<sup>™</sup> Pressair<sup>™</sup></b> aclidinium bromide 400 mcg <b>C</b> 	<b>Yupelri<sup>®</sup> Neb</b> revefenacin 175 mcg/3 ml <b>C</b> 
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### Long-Acting Beta<sub>2</sub>-Agonists (LABA) COPD only

<b>Brovana<sup>®</sup> Neb</b> arformoterol 15 mcg 	<b>Perforomist<sup>®</sup> Neb</b> formoterol fumarate dihydrate 20 mcg 	<b>Serevent<sup>®</sup> Diskus<sup>®</sup></b> salmeterol xinafoate 50 mcg 	<b>Striverdi<sup>®</sup> Respimat<sup>®</sup></b> olodaterol hydrochloride 2.5 mcg 
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### LAMA-LABA COPD only

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

### Monoclonal Antibody (biologics, injection) **A**

<b>Cinqair<sup>®</sup></b> reslizumab 100 mg 	<b>Dupixent<sup>®</sup></b> dupilumab 100/200/300 mg 	<b>Fasenra<sup>™</sup></b> benralizumab 30 mg 
<b>Nucala<sup>®</sup></b> mepolizumab 100 mg 	<b>Tezspire<sup>™</sup></b> tezepelumab-ekko 210 mg 	<b>Xolair<sup>®</sup></b> omalizumab 75/150 mg 

### PDE4 Inhibitor

<b>Daliresp<sup>®</sup></b> roflumilast 250/500 mcg <b>C</b> 
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### Leukotriene Receptor Antagonists (LTRA)

<b>Singulair<sup>®</sup></b> montelukast sodium 4/5/10 mg 	<b>Zyflo<sup>®</sup></b> zileuton ER 600 mg 
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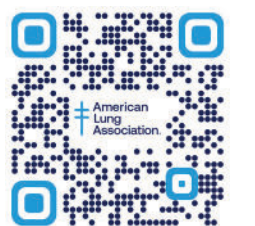
## Use a valved holding chamber/spacer

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

