

# Asthma and COPD Medicines

## Quick Reliever Medicines

### Short-Acting Beta<sub>2</sub>-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<sup>®</sup> RespiClick**  
albuterol sulfate  
117 mcg  


**Proventil<sup>®</sup> HFA**  
albuterol sulfate  
120 mcg  


**Ventolin<sup>®</sup> HFA**  
albuterol sulfate  
90 mcg  


**Xopenex HFA<sup>®</sup>**  
levalbuterol tartrate  
50 mcg  


**Xopenex<sup>®</sup> Neb**  
levalbuterol hydrochloride  
0.31 mg/3 ml; 0.63 mg/  
3 ml; 1.25 mg/3 ml  


### Short-Acting Muscarinic Antagonists (SAMA)

**Atrovent<sup>®</sup> HFA**  
ipratropium bromide  
17 mcg  


**Atrovent<sup>®</sup> Neb**  
ipratropium bromide  
250/500 mcg  


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

**AirSupra<sup>®</sup>**  
(albuterol and budesonide)  
80, 90 mcg  


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

**Combivent<sup>®</sup> Respimat<sup>®</sup>**  
ipratropium bromide and albuterol  
20/100 mcg  


**DuoNeb<sup>®</sup>**  
ipratropium bromide  
and albuterol sulfate  
0.5 mg-3 mg/3 ml  


## Maintenance/Controller Medicines

### Inhaled Corticosteroids (ICS) asthma only

**Alvesco<sup>®</sup> HFA**  
ciclesonide  
80/160 mcg  


**ArmonAir<sup>™</sup> RespiClick<sup>®</sup>**  
fluticasone propionate  
55/113/232 mcg  


**Arnuity<sup>®</sup> Ellipta<sup>®</sup>**  
fluticasone furoate  
100/200 mcg  


**Asmanex<sup>®</sup> HFA**  
mometasone furoate  
100/200 mcg  


**Asmanex<sup>®</sup> Twisthaler<sup>®</sup>**  
mometasone furoate  
110/220 mcg  


**Budesonide Inhalation Suspension**  
0.25 mg/2 ml/.5 mg/2 ml/1 mg/2 ml  


**Fluticasone Propionate Diskus<sup>®</sup>**  
fluticasone propionate  
50/100/250 mcg  


**Fluticasone Propionate HFA**  
fluticasone propionate  
44/110/220 mcg  


**Pulmicort<sup>®</sup> Flexhaler<sup>®</sup>**  
budesonide  
90/180 mcg  


**Pulmicort Respules<sup>®</sup>**  
budesonide inhalation suspension  
0.25 mg/2 ml, 0.5 mg/2 ml, 1 mg/2 ml  


**QVAR<sup>®</sup> Redihaler<sup>™</sup>**  
beclomethasone  
dipropionate  
40/80 mcg  


### Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta<sub>2</sub>-Agonists) (ICS-LABA)

**Advair Diskus<sup>®</sup>**  
fluticasone propionate  
and salmeterol  
100/50, 250/50, 500/50 mcg  


**Advair<sup>®</sup> HFA**  
fluticasone propionate  
and salmeterol xinafoate  
45/21, 115/21, 230/21 mcg  


**AirDuo<sup>®</sup> RespiClick<sup>®</sup>**  
fluticasone propionate  
and salmeterol  
55/14, 113/14, 232/14 mcg  


**Breo<sup>®</sup> Ellipta<sup>®</sup>**  
fluticasone and vilanterol  
100/25, 200/25 mcg  


**Wixela<sup>™</sup> Inhub<sup>™</sup>**  
fluticasone propionate  
and salmeterol xinafoate  
100/50, 250/50, 500/50 mcg  


### SMART/MART

**Symbicort<sup>®</sup>**  
budesonide and formoterol  
fumarate dihydrate  
80/4.5, 160/4.5 mcg  


**Dulera<sup>®</sup>**  
mometasone furoate and  
formoterol fumarate dihydrate  
50/5, 100/5, 200/5 mcg  


### Triple Therapy (ICS-LABA-LAMA)

**Trelegy Ellipta**  
fluticasone/vilanterol/umeclidinium  
100 mcg/62.5 mcg/25 mcg  


**Breztri Aerosphere<sup>®</sup>**  
budesonide glycopyrrolate  
formoterol fumarate  
160/9/4.8 mcg  


### Long-Acting Muscarinic Antagonists (LAMA)

**Incruse<sup>®</sup> Ellipta<sup>®</sup>**  
umeclidinium  
62.5 mcg  


**Lonhala Magnair<sup>®</sup>**  
glycopyrrolate  
25 mcg/1 ml  


**Spiriva<sup>®</sup> HandiHaler<sup>®</sup>**  
tiotropium bromide  
18 mcg  


**Spiriva<sup>®</sup> Respimat<sup>®</sup>**  
tiotropium bromide  
1.25 mcg  


**Tudorza<sup>™</sup> Pressair<sup>™</sup>**  
acclidinim bromide  
400 mcg  


**Yupelri<sup>®</sup> Neb**  
revelenacin  
175 mcg/3 ml  


### Long-Acting Beta<sub>2</sub>-Agonists (LABA) COPD only

**Brovana<sup>®</sup> Neb**  
arformoterol  
15 mcg  


**Perforomist<sup>®</sup> Neb**  
formoterol fumarate dihydrate  
20 mcg  


**Serevent<sup>®</sup> Diskus<sup>®</sup>**  
salmeterol xinafoate  
50 mcg  


**Striverdi<sup>®</sup> Respimat<sup>®</sup>**  
olodaterol hydrochloride  
2.5 mcg  


### LAMA-LABA COPD only

**Anoro<sup>®</sup> Ellipta**  
umeclidinium and vilanterol  
55/22, 62.5/25 mcg  


**Bevespi Aerosphere<sup>®</sup>**  
glycopyrrolate and formoterol  
9/4.8 mcg  


**Duaklir<sup>®</sup> Pressair<sup>®</sup>**  
acclidinim and formoterol  
400/12 mcg  


**Stiolto<sup>®</sup> Respimat<sup>®</sup>**  
olodaterol and tiotropium  
bromide  
2.5/2.5 mcg  


### Add-On Medicines

#### Monoclonal Antibody (biologics, injection)

**Cinqair<sup>®</sup>**  
reslizumab  
100 mg  


**Dupixent<sup>®</sup>**  
dupilumab  
100/200/300 mg  


**Fasenra<sup>™</sup>**  
benralizumab  
30 mg  


**Nucala<sup>®</sup>**  
mepolizumab  
100 mg  


**Tezspire<sup>™</sup>**  
tezepelumab-ekko  
210 mg  


**Xolair<sup>®</sup>**  
omalizumab  
75/150 mg  


#### PDE Inhibitors

**PDE4 Daliresp<sup>®</sup>**  
roflumilast  
250/500 mcg  


**PDE3/4 Ohtuvayre<sup>™</sup>**  
ensifentrine  
3mg/2.5mL  


#### Leukotriene Receptor Antagonists (LTRA)

**Singulair<sup>®</sup>**  
montelukast sodium  
4/5/10 mg  


**Zyflo<sup>®</sup>**  
zileuton ER  
600 mg  


### Use a valved holding chamber/spacer

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



### How-To Videos

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.



# 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

