

# 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> to prevent exacerbations and control symptoms	<b>STEP 1</b> 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 Refer for phenotypic assessment & add-on therapy e.g. tiotropium, anti-IgE, anti-IL5/4R, anti-IL13
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 23

**Ying Liu**



### **Bronchial Asthma Gina Guidelines 23:**

Clinical Allergy and Asthma Management in Adolescents and Young Adults Ravindran Chetambath, Venugopal Panicker, 2021-11-29 This text addresses the need for a practical handbook on asthma and allergy in adolescents and young adults which constitutes an interesting and challenging age group Asthma may diminish in intensity with age but is still an ongoing concern In addition compliance with management is not generally successful with the risk that the failure to treat it adequately could lead to long term sequelae namely COPD Finally obesity and sedentarism in young adults and adolescents can worsen asthma on the one hand while some can be athletes on the other hand This ready reckoner aims to help in understanding clinical allergy which is imperative for every physician who is caring for patients with asthma given its high prevalence and heterogeneous treatment options **KEY FEATURES** Covers allergic diseases in general and asthma in detail and provides comprehensive coverage of clinical features diagnosis and management using a case based approach Creates awareness of the fundamentals of clinical allergy helping physicians make wise choices in medical and surgical management especially in resource limited settings Features insight from international authors with clinical experience in the diagnosis and treatment of asthma in the specific age group of adolescents and young adults Clinical Asthma Jonathan A. Bernstein, Mark L. Levy, 2014-02-06 Enormous progress in asthma research has been made in the past 50 years including a greater understanding of its complex pathogenesis and new and more effective therapies Consequently the scientific literature has grown vast and can be difficult to integrate With contributions from a distinguished panel of world renowned authors Clinical Asthma Theory and Practice presents a comprehensive study of both the common and the more challenging problems faced by all health care personnel who treat patients with asthma The book is divided into seven sections starting with the basics of asthma and ending with a discussion on the approach to asthma worldwide and in the primary care setting Reflecting a strong clinical emphasis each chapter begins with a patient case study supported by essential background information on the basic science and clinical decision making process This is followed by a discussion of clinical evaluation and management The multidisciplinary coverage explores a range of topics including genetics inflammation immunology and the identification of different endotypes Using a bench to bedside approach the book links basic science to the clinical management of asthma and explores options for improvement The carefully selected authorship from experts worldwide presents a truly global outlook **Cumulated Index Medicus**, 2000 **The Textbook of Emergency Cardiovascular Care and CPR** John M. Field, Peter J. Kudenchuk, Robert O'Connor, Terry VandenHoek, 2012-11-07 With an editorial team of leading experts from the American College of Emergency Physicians and the American Heart Association this book is the first complete clinically oriented reference textbook in emergency cardiovascular care and CPR The book translates bench research to the clinician's bedside needs and addresses end of life issues The content is appropriate for a large audience including early caregivers emergency department and CCU nurses students residents fellows and hospitalists responsible for

cardiovascular emergency situations A companion Website will include the fully searchable text instructional videos produced by the AHA and links to ACC AHA ASE ACEP and ILCOR guidelines and policy statements

**Sleep Disorders and Airway Diseases** Sy Duong-Quy, Naricha Chirakalwasan, Timothy CRAIG, Vinh Nhu Nguyen, 2023-09-15 *American Journal of Respiratory and Critical Care Medicine*, 2009

**Childhood Asthma and Beyond** L. A. Reynolds, E. M. Tansey, 2001 *Asthma Management Across the Life Span* Anne Meng, 2003 Respiratory: An Integrated Approach to Disease Andrew Lechner, 2011-09-21 An innovative organ specific text that blends basic science with the fundamentals of clinical medicine Part of the Human Organ Systems series Respiratory An Integrated Approach to Disease skillfully bridges the gap between the science and practice of medicine This beautifully illustrated book seamlessly integrates the core elements of cell biology anatomy physiology pharmacology and pathology with clinical medicine It is the perfect companion for medical students transitioning to their clinical years as well as for practicing physicians who need a user friendly update on the basic science underlying the practice of clinical medicine Features and highlights include Detailed learning objectives clearly state learning goals Key concepts are emphasized in every chapter The latest developments in the field are incorporated throughout the text Numerous high quality illustrations with detailed legends clarify important or difficult concepts Clinical Correlations highlight the clinical implications of basic science Each chapter is accompanied by an annotated bibliography to enhance the learning experience and provide an overview of the critical literature in the field End of chapter case based questions with detailed explanations reinforce important concepts and assess understanding of the material A valuable Glossary of common phrases terms abbreviations and acronyms

**B-ENT**, 2005 **The Indian Journal of Chest Diseases & Allied Sciences**, 2008 **Current Medical Research and Opinion**, 2006 *Swiss Medical Weekly*, 2005 *AJRCCM*, 2008 **CURRENT Medical Diagnosis and Treatment 2023** Maxine A. Papadakis, Stephen J. McPhee, Michael W. Rabow, Kenneth R. McQuaid, 2022-09-09 A Doody's Core Title for 2023 The 1 annual internal medicine guide extensively revised and updated The most popular annual guide of its kind this updated edition of the flagship title of the LANGE medical book brand presents the most important diagnostic and treatment recommendations as well as the most useful new clinical developments in every field of adult medicine For 60 years CURRENT Medical Diagnosis Treatment has been delivering the authoritative information that students residents and clinicians need to build their medical knowledge expertise and confidence Written by top experts in their fields this unmatched guide enables you to find the answers you need quickly and easily It provides Coverage of more than 1 000 diseases and disorders Comprehensive approach to patient care focusing on diagnostic tools for day to day practice Hundreds of drug treatment tables for quick access to indexed trade names and updated drug prices Diagnostic and treatment algorithms to present important information at a glance Carefully curated updated references to provide peer reviewed evidence based information and PMID numbers for quick online access Annual update on dynamic viral infections

including SARS CoV 2 COVID 19 and HIV AIDS Hundreds of full color photographs illustrations and algorithms **BMJ**  
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web am besten wirkt eine kombination aus ausdauertraining wie joggen radfahren oder schwimmen und aus krafttraining für den muskelaufbau gegen das viszerale fett am bauch eine kräftige muskulatur verbraucht energie und arbeitet automatisch mit überschüssiges bauchfett zu reduzieren

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web 1 nimm weniger kalorien zu dir das wichtigste beim abnehmen ist nicht sport bis zum umfallen sondern deine ernährung wenn du 500 bis 750 kalorie mehr verbrennst als du täglich zu dir nimmst dann verlierst du ein halbes bis ein kilogramm pro woche mehr als das wird als gefährlich eingestuft

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web may 13 2020 1 Übrigens hilft dir eiweiß während der diät auch beim erhalt deiner muskelmasse diese sollte nämlich nicht verloren gehen denn zum einen verbraucht sie energie und zum anderen sehen wir mit mehr muskeln schlanker und straffer aus 2 achte also darauf genügend eiweißreiche lebensmittel in deinen ernährungsplan

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web um fett zu verbrennen solltest du so gut es geht stress vermeiden denn stresshormone wie adrenalin und kortisol hemmen die fettverbrennung zusätzlich solltest du das essen ganz entspannt angehen oft werden die mahlzeiten aufgrund unseres berufsalltags viel zu schnell gegessen das macht weder satt noch zufrieden

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web setze die fettverbrennung am bauch in gang einen willkommenen effekt hat das milchkalzium auf dein bauchfett milchkalzium hemmt über hormonelle wege die produktion des bauchfettbildenden cortisols und hindert damit die bauchfettzellen daran sich mit fett zu füllen so kann der bauchumfang reduziert werden