

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

		STEP 2	STEP 3	STEP 4	STEP 5
PREFERRED CONTROLLER to prevent exacerbations and control symptoms	STEP 1 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 OCS, but consider side-effects
PREFERRED RELIEVER	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 β_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 2013

AN Whitehead



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Table of Contents Bronchial Asthma Gina Guidelines 2013

1. Understanding the eBook Bronchial Asthma Gina Guidelines 2013
 - The Rise of Digital Reading Bronchial Asthma Gina Guidelines 2013
 - Advantages of eBooks Over Traditional Books
2. Identifying Bronchial Asthma Gina Guidelines 2013
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Bronchial Asthma Gina Guidelines 2013
 - User-Friendly Interface
4. Exploring eBook Recommendations from Bronchial Asthma Gina Guidelines 2013
 - Personalized Recommendations
 - Bronchial Asthma Gina Guidelines 2013 User Reviews and Ratings
 - Bronchial Asthma Gina Guidelines 2013 and Bestseller Lists
5. Accessing Bronchial Asthma Gina Guidelines 2013 Free and Paid eBooks
 - Bronchial Asthma Gina Guidelines 2013 Public Domain eBooks
 - Bronchial Asthma Gina Guidelines 2013 eBook Subscription Services
 - Bronchial Asthma Gina Guidelines 2013 Budget-Friendly Options

6. Navigating Bronchial Asthma Gina Guidelines 2013 eBook Formats
 - ePub, PDF, MOBI, and More
 - Bronchial Asthma Gina Guidelines 2013 Compatibility with Devices
 - Bronchial Asthma Gina Guidelines 2013 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Bronchial Asthma Gina Guidelines 2013
 - Highlighting and Note-Taking Bronchial Asthma Gina Guidelines 2013
 - Interactive Elements Bronchial Asthma Gina Guidelines 2013
8. Staying Engaged with Bronchial Asthma Gina Guidelines 2013
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Bronchial Asthma Gina Guidelines 2013
9. Balancing eBooks and Physical Books Bronchial Asthma Gina Guidelines 2013
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Bronchial Asthma Gina Guidelines 2013
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Bronchial Asthma Gina Guidelines 2013
 - Setting Reading Goals Bronchial Asthma Gina Guidelines 2013
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Bronchial Asthma Gina Guidelines 2013
 - Fact-Checking eBook Content of Bronchial Asthma Gina Guidelines 2013
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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