

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 ICS, 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

Wolfgang Guggemos



Bronchial Asthma Gina Guidelines 2013:

Bronchial Asthma Gina Guidelines 2013: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. Bronchial Asthma Gina Guidelines 2013 : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Bronchial Asthma Gina Guidelines 2013 : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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