

# Asthma treatment levels for adults and adolescents



ICS: inhaled corticosteroids  
LABA: long-acting beta<sub>2</sub> agonist  
LAMA: long-acting muscarinic antagonist  
SABA: short-acting beta<sub>2</sub> agonist



Before stepping up, check that:

- symptoms are due to asthma
- inhaler technique is correct
- adherence is adequate



Consider stepping up if good symptom control is not achieved despite good adherence and correct inhaler technique



When asthma is stable and well controlled for 2-3 months, consider stepping down



Consider switching to reduce severe exacerbation risk

# Asthma Handbook

**Wenbin Ji**



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