

Use of an Inhaled Corticosteroid (ICS) as Part of Rescue/Reliever Therapy

Traditionally, there have been two types of therapy used to treat asthma:

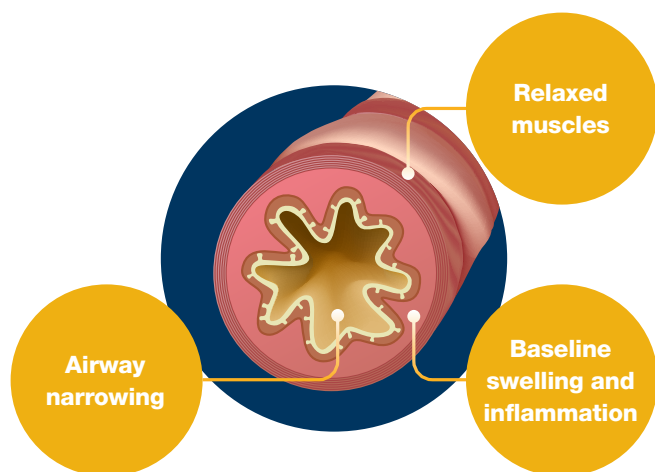
Maintenance Therapy for **Inflammation**

Most people with asthma have chronic (long-lasting) inflammation in their airways. The amount of airway inflammation can change over time.

Rescue/Reliever Therapy for **Symptoms**

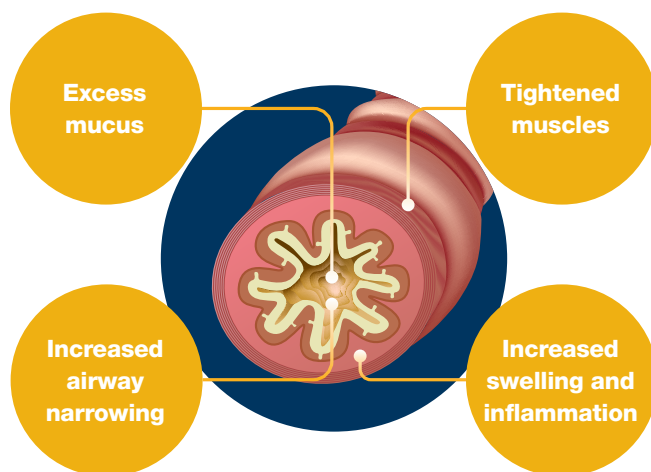
Sudden increases in airway inflammation can lead to symptoms such as shortness of breath, wheezing, coughing, and chest tightness.

Airway in a patient with asthma



A daily maintenance inhaler containing **ICS** aids in controlling inflammation and helps prevent symptoms and flare-ups.

Airway during an asthma flare-up



A rescue inhaler containing a short-acting beta₂-agonist (SABA) is used to *temporarily* relieve asthma symptoms. Yet, a **SABA** alone does not address the underlying problem of inflammation.

TODAY, treating **both symptoms AND inflammation** with your rescue/reliever therapy is supported by asthma experts

See how ICS can be included as part of your rescue/reliever strategy!



Options for Including ICS as Part of Your Asthma Rescue/Reliever Strategy

Anti-inflammatory Reliever (AIR)

A rescue/reliever inhaler that contains both an ICS and a rapid-acting bronchodilator

- Use combination ICS-formoterol (a long-acting beta₂-agonist or LABA) as needed

OR

- Use combination SABA-ICS as needed, with or without maintenance ICS-containing therapy

ICS-formoterol inhalers are not FDA-approved for use as rescue/reliever therapy in the United States.

Patient Activated Reliever-Triggered Inhaled Corticosteroid (PARTICS)

Follow your current asthma treatment plan and take ICS when using as-needed SABA as rescue/reliever therapy

Continue your current asthma treatment plan. *In addition:*

- Take one puff of ICS for each puff of as-needed SABA inhaler

OR

- Take five puffs of ICS after using a SABA nebulizer treatment

ICS-only inhalers are not FDA-approved for use as rescue/reliever therapy in the United States.

Maintenance And Reliever Therapy (MART)

One inhaler for both maintenance and rescue/reliever therapy

- Use combination ICS-formoterol as both maintenance and as-needed for rescue/reliever
- This approach does not include use of a SABA-only inhaler or a SABA-ICS inhaler as rescue/reliever and cannot be used with combinations of ICS with non-formoterol LABAs

ICS-formoterol inhalers are not FDA-approved for use as MART in the United States.

This document was prepared using asthma expert recommendations for educational purposes only. Together, you and your healthcare clinician will determine the best treatment for your asthma. Never ignore worsening asthma symptoms. If your rescue/reliever treatment isn't helping, seek medical attention immediately.