GINA 2019 – landmark changes in asthma management

- For safety, GINA no longer recommends SABA-only treatment for Step 1
 - This decision was based on evidence that SABA-only treatment increases the risk of severe exacerbations, and that adding any ICS significantly reduces the risk
- GINA now recommends that all adults and adolescents with asthma should receive ICS-containing controller treatment, to reduce the risk of serious exacerbations.
 - The ICS can be delivered by regular daily treatment or, in mild asthma, by as-needed low dose ICS-formoterol
- This is a population-level risk reduction strategy
 - Other examples: statins, anti-hypertensives
 - Individual patients may not necessarily experience (or be aware of) shortterm clinical benefit
 - The aim is to reduce the probability of serious adverse outcomes at a population level

Bronchial Asthma Gina Guidelines 24

Margaret V. Clark

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