

Intermittent Asthma

Persistent Asthma: Daily Medication

Consult with asthma specialist if step 4 care or higher is required.
Consider consultation at step 3.

Step 1

Preferred:
SABA PRN

Step 2

Preferred:
Low-dose ICS
Alternative:
Cromolyn, LTRA,
Nedocromil, or
Theophylline

Step 3

Preferred:
Low-dose ICS + LABA
OR
Medium-dose ICS
Alternative:
Low-dose ICS +
either LTRA,
Theophylline, or
Zileuton

Step 4

Preferred:
Medium-dose ICS
+ LABA
Alternative:
Medium-dose ICS
+ either LTRA,
Theophylline, or
Zileuton

Step 5

Preferred:
High-dose ICS + LABA

AND

Consider
Omalizumab for
patients who have
allergies

Step 6

Preferred:
High-dose ICS + LABA + oral
corticosteroid

AND

Consider
Omalizumab for
patients who have
allergies

Step up if
needed

(first, check
adherence,
environmental
control, and
comorbid
conditions)

*Assess
control*

Step down if
possible

(and asthma is
well controlled
at least
3 months)

Each step: Patient education, environmental control, and management of comorbidities.

Steps 2–4: Consider subcutaneous allergen immunotherapy for patients who have allergic asthma (see notes).

Quick-Relief Medication for All Patients

- SABA as needed for symptoms. Intensity of treatment depends on severity of symptoms: up to 3 treatments at 20-minute intervals as needed. Short course of oral systemic corticosteroids may be needed.
- Use of SABA >2 days a week for symptom relief (not prevention of EIB) generally indicates inadequate control and the need to step up treatment.

Key: Alphabetical order is used when more than one treatment option is listed within either preferred or alternative therapy. EIB, exercise-induced bronchospasm; ICS, inhaled corticosteroid; LABA, long-acting inhaled beta₂-agonist; LTRA, leukotrienin receptor antagonist; PRN, as needed.

Asthma Guidelines

Judd E. Hollander



Asthma Guidelines:

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