

ASTHMA MEDICATIONS

Selective list of maintenance medications

Rescue medications

Short-acting beta agonists* (SABA)

VENTOLIN®
METERED DOSE INHALER
100 µg salbutamol (sulfate)

VENTOLIN®
DISKUS®
200 µg salbutamol (sulfate)

BRICANYL®
TURBUHALER®
0.5 mg terbutaline (sulfate)

Anti-inflammatory rescue medication

SYMBICORT®
TURBUHALER®
200/6 µg budesonide and formoterol (fumarate)

*A SABA or LABA should not be the only asthma treatment and should always be used in combination with an inhaled corticosteroid.

Inhaled corticosteroids (ICS)

FLOVENT®
METERED DOSE INHALER
50 µg • 125 µg
250 µg
fluticasone (propionate)

FLOVENT®
DISKUS®
100 µg • 250 µg
500 µg
fluticasone (propionate)

ALVESCO®
METERED DOSE INHALER
100 µg • 200 µg
ciclesonide

PULMICORT®
TURBUHALER®
100 µg • 200 µg
400 µg
budesonide

ARNUITY®
ELLIPTA
100 µg • 200 µg
fluticasone (furoate)

AERMONY
RESPICLICK®
55 µg • 113 µg
232 µg
fluticasone (propionate)

Traitements combinés (CSI + BALA)

SYMBICORT®
TURBUHALER®
100/6 µg • 200/6 µg
budesonide et formoterol (fumarate)

ADVAIR®
METERED DOSE INHALER
125/25 µg
250/25 µg
fluticasone (propionate) and salmeterol (xinafoate)

ADVAIR®
DISKUS®
100/50 µg
• 250/50 µg • 500/50 µg
fluticasone (propionate) and salmeterol (xinafoate)

BREO®
ELLIPTA®
100/25 µg • 200/25 µg
fluticasone (furoate) and vilanterol (trifenatate)

ZENHALE®
METERED DOSE INHALER
50/5 µg
• 100/5 µg • 200/5 µg
mometasone (furoate) and formoterol (fumarate)

ASMANEX®
TWISTHALER®
100 µg • 200 µg
400 µg
mometasone (furoate)

Long-acting beta agonists* (LABA)

FORADIL®
AEROLIZER®
12 µg
formoterol (fumarate) / capsule

OXEZE®
TURBUHALER®
6 µg • 12 µg
formoterol (fumarate)

SEREVENT®
DISKUS®
50 µg
salmeterol (xinafoate)

Long-acting muscarinic agonist

SPIRIVA®
RESPIMAT®
2.5 µg
tiotropium (bromure)

Leukotriene receptor antagonist

SINGULAIR®
10 mg • tablet
4 mg • 5 mg • granules sachet
4 mg • chewable tablet
montelukast (sodium)

Biologic therapies

For severe allergic asthma (Anti-IgE)

XOLAIR™
150 mg Sterile powder for reconstitution
75 mg/0.5 ml • 175 mg/1 ml
pre-filled syringe (omalizumab)

For severe eosinophilic asthma (Anti-IL5R)

CINQAIR™
10mg/ml
Concentrated solution for IV
infusion (reslizumab)

NUCALA
100 mg/ml
Sterile powder for reconstitution /
pre-filled auto-injector /
pre-filled syringe
(mepolizumab)

FASENRA®
30 mg/ml
Pre-filled syringe
pre-filled auto-injector
(benralizumab)

For severe eosinophilic, type 2 or oral corticosteroid dependent asthma (Anti-IL4R)

DUPIXENT™
300 mg/2ml
200 mg/1.14ml
pre-filled syringe
(dupilumab)

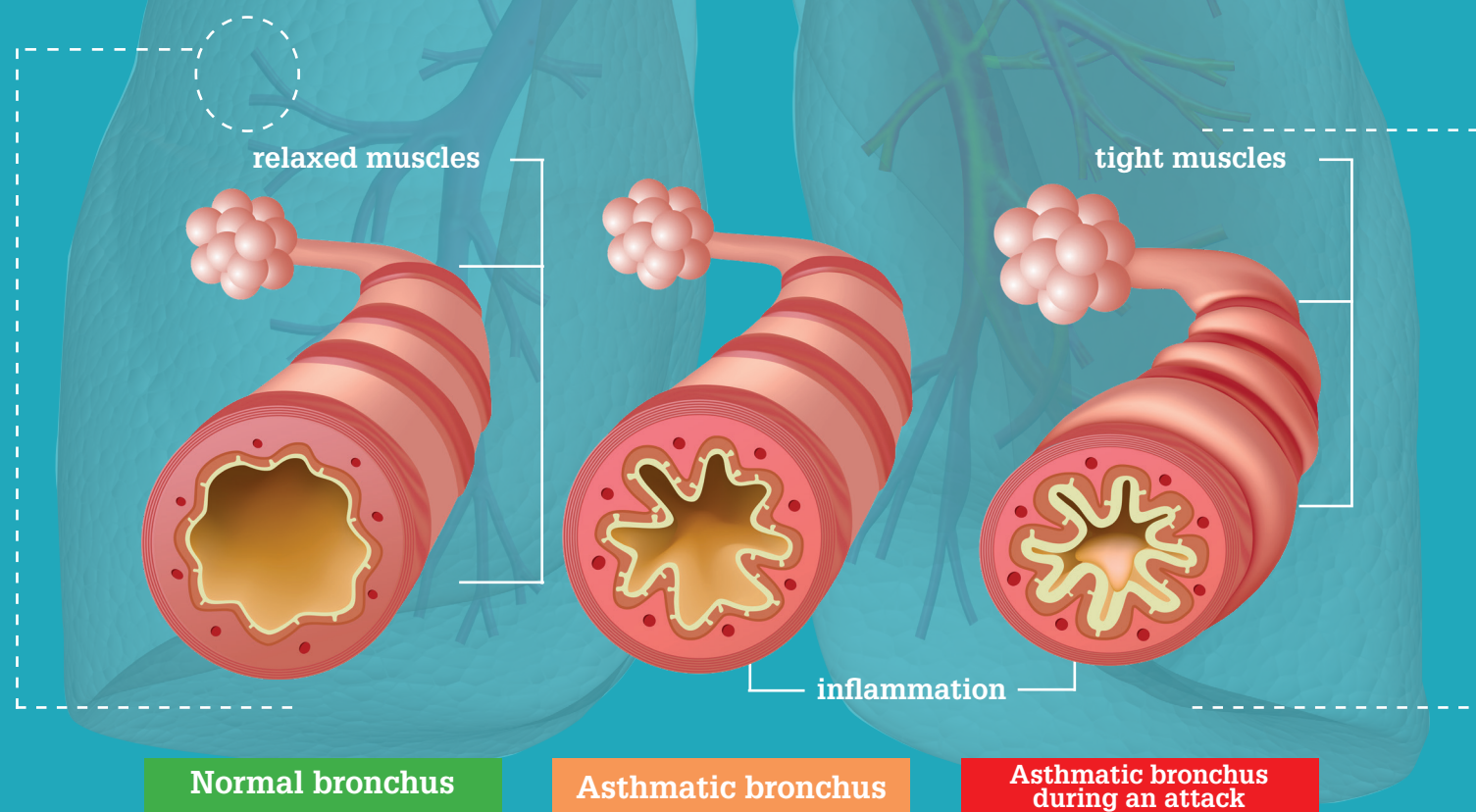
WHAT IS ASTHMA?

It is a chronic respiratory disease that is always present, even if you don't feel any symptoms. It is characterized by inflammation and partial, reversible obstruction of the bronchi. Given that the airways are hypersensitive, they are contracted and obstructed by thick secretions, which makes breathing difficult.

MECHANISMS OF ACTION

Inflammation within the bronchi is the main cause of difficulty expelling air from the lungs. Added to that are:

- Contraction of the muscle surrounding the bronchi (bronchoconstriction);
- Increased mucus production (thick secretions) blocking the bronchi.



ASTHMA IS UNCONTROLLED IF

In the last 4 weeks :

- You had asthma symptoms during the day more than twice/week ;
- Your asthma has woken you at night ;
- You have had to take your rescue medication more than twice/week ;
- You were limited in your activities because of your asthma.

The uncontrolled asthma criteria are different for children.

AEROCHAMBER

The benefits of the aerochamber are :

- Reduced need to coordinate with the inhaler's release button ;
- More medication enters your lungs, therefore better treatment effectiveness ;
- Reduced side effects of some medications.



SYMPTOMS

- Shortness of breath
- Chest tightness
- Wheezing
- Cough
- Increased mucus production

The frequency and intensity of asthma symptoms can vary over time. They are generally more severe at night or early in the morning.

CONTROL YOUR CONDITION

To optimize asthma control, you should :

- Know and clearly understand your symptoms.
- Control your environment and avoid triggers.
- Understand how the medications work and take them as prescribed.
- Ensure you are using a proper medication inhalation technique.
- Regularly re-assess asthma control using the quick asthma questionnaire.

Untreated asthma can cause permanent changes to the airways called airway remodelling, which is responsible for reduced response to treatment.

