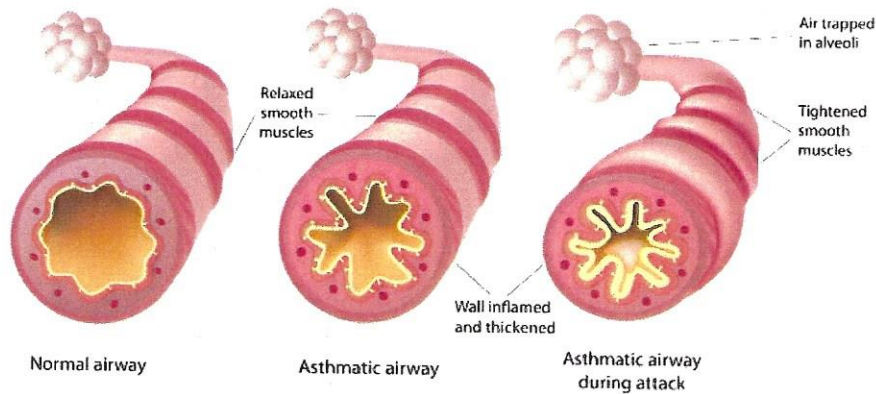


Asthma – Something New, Something Old



Airways showing the effect of inflammation and muscle tightening in asthma.

Newer medications include once daily combined anti-asthma medication.

Breo Ellipta - Inhaled steroid and a very long acting reliever / muscle relaxant – inhaled steroid decreasing the inflammation and mucus production and the reliever relaxing the muscles around the airway.

Newer uses for old medications – Symbicort – combination inhaled steroid and bronchodilator.

Now can be taken as needed as well as regularly – called SMART regimen – Symbicort Maintenance And Reliever Treatment.

- Twice daily inhaled steroid and reliever / muscle relaxant
- Fast onset of action but wears off after 12 hrs
- Can be used to relieve symptoms of asthma

Relievers- Long acting anti-muscarinic ‘LAMAs’)

- Using inhalers previously used for COPD: like ‘Atrovent’ except long acting and last 24 hrs or more

Newer medications are the ‘Biological’ drugs

These are antibodies to the chemicals that cause asthmatic inflammation.

- Xolair (omalizumab)
- Nucala (mepolizumab)
- Fasenra (benralizumab)

These are injections and are only for very severe asthma (patients on maximum inhaled treatment with frequent exacerbations needing oral steroids)

- Very expensive (~\$1000-2000 each injection)
- Have to be given by injection every 2-8 weeks
- These injections do not take the place of inhalers- the effect is to reduce exacerbations – these injections are as well as inhalers.