

## Personalised asthma management:

Assess, Adjust, Review response

Symptoms  
Exacerbations  
Side-effects  
Lung function  
Patient satisfaction



Confirmation of diagnosis *if necessary*  
Symptom control & modifiable risk factors (including lung function)  
Co-morbidities  
Inhaler technique & adherence  
Patient goals

Treatment of modifiable risk factors & co-morbidities  
Non-pharmacological strategies  
Education & skills training  
Asthma medications

## Asthma medication options:

Adjust treatment up and down for individual patient needs

### PREFERRED CONTROLLER

to prevent exacerbations and control symptoms

Other controller options

### PREFERRED RELIEVER

Other reliever option

#### STEP 1

As-needed low-dose ICS-formoterol\*

Low-dose ICS taken whenever SABA is taken†

#### STEP 2

Daily low-dose inhaled corticosteroid (ICS), or as-needed low-dose ICS-formoterol\*

Leukotriene receptor antagonist (LTRA), or low-dose ICS taken whenever SABA is taken†

As-needed low-dose ICS-formoterol\*

#### STEP 3

Low-dose ICS-LABA

Medium-dose ICS, or low-dose ICS+LTRA‡

As-needed low dose ICS-formoterol‡

#### STEP 4

Medium-dose ICS-LABA

High-dose ICS, add-on tiotropium, or add-on LTRA‡

#### STEP 5

High-dose ICS-LABA

Refer for phenotypic assessment † add-on therapy, e.g. tiotropium, anti-IgE, anti-IL5/5R, anti-IL4R

Add low-dose OCS, but consider side-effects

As-needed short-acting  $\beta_2$ -agonist (SABA)

\* Off-label; data only with budesonide-formoterol (bud-form)

† Off-label; separate or combination ICS and SABA inhalers

‡ Low-dose ICS-form is the reliever for patients prescribed bud-form or BDP-form maintenance and reliever therapy

§ Consider adding HDM SLIT for sensitized patients with allergic rhinitis and FEV<sub>1</sub> >70% predicted

# Gina Asthma Guidelines 20

**Léo Pomar**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Gina Asthma Guidelines 20:**

The Top Books of the Year Gina Asthma Guidelines 20 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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## **Table of Contents Gina Asthma Guidelines 20**

1. Understanding the eBook Gina Asthma Guidelines 20
  - The Rise of Digital Reading Gina Asthma Guidelines 20
  - Advantages of eBooks Over Traditional Books
2. Identifying Gina Asthma Guidelines 20
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Gina Asthma Guidelines 20
  - User-Friendly Interface
4. Exploring eBook Recommendations from Gina Asthma Guidelines 20
  - Personalized Recommendations
  - Gina Asthma Guidelines 20 User Reviews and Ratings
  - Gina Asthma Guidelines 20 and Bestseller Lists
5. Accessing Gina Asthma Guidelines 20 Free and Paid eBooks
  - Gina Asthma Guidelines 20 Public Domain eBooks
  - Gina Asthma Guidelines 20 eBook Subscription Services
  - Gina Asthma Guidelines 20 Budget-Friendly Options
6. Navigating Gina Asthma Guidelines 20 eBook Formats
  - ePub, PDF, MOBI, and More
  - Gina Asthma Guidelines 20 Compatibility with Devices
  - Gina Asthma Guidelines 20 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Gina Asthma Guidelines 20
  - Highlighting and Note-Taking Gina Asthma Guidelines 20
  - Interactive Elements Gina Asthma Guidelines 20
8. Staying Engaged with Gina Asthma Guidelines 20

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Gina Asthma Guidelines 20
- 9. Balancing eBooks and Physical Books Gina Asthma Guidelines 20
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Gina Asthma Guidelines 20
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Gina Asthma Guidelines 20
  - Setting Reading Goals Gina Asthma Guidelines 20
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Gina Asthma Guidelines 20
  - Fact-Checking eBook Content of Gina Asthma Guidelines 20
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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