

# Be SMART

## Single Maintenance And Relief Therapy = New asthma treatment

By Tracy Nash, Open Airways – Director of Asthma Education

### Your blue relief inhaler could be making your asthma worse!

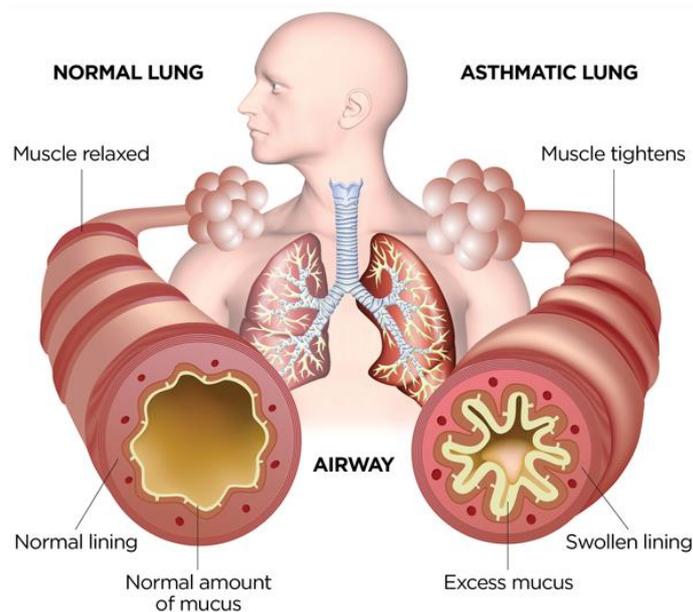
Traditionally asthma has been treated by using two different inhalers, a preventer inhaler intended for daily use to maintain control of asthma and a relief emergency inhaler (usually blue) to treat asthma symptoms.

However too many people have relied on their relief inhaler as their only treatment as they feel the response/relief after using it. The relief inhaler helps with the asthma symptoms of coughing and difficulty breathing, but it does not treat or prevent the underlying cause of asthma, the inflammation present in the airways.

### Why not treat both at the same time with a SMART “Single Maintenance And Relief Therapy” inhaler?

#### What is Asthma?

Asthma is a long-term condition affecting the small airways in the lungs. The lining of the airways becomes inflamed and begins to swell. The muscles surrounding the airways tighten causing the airways to constrict and become narrower.



The blue relief inhalers relax the tightened muscles but do not address the inflammation in the airways. Over-reliance on the blue relief inhalers without treating/preventing the ongoing inflammation can lead to increased risks of severe asthma attacks and increased risk of hospitalisation.

## **SMART, New asthma treatment**

New guidelines now recommend using a **SMART** (single maintenance and relief therapy) approach to asthma treatment.

These inhalers are known as “**Anti-inflammatory relievers**” They contain the original brown steroid component (ICS) which treats inflammation and a specific long-acting blue reliever (Formoterol) which acts quickly to prevent constriction or tightening of the airways.



Using the single SMART inhaler to treat both inflammation and constriction simplifies asthma treatment.

New recommendations state that no one (aged 12 upwards) should have a blue relief inhaler only treatment but preferably should now have a single SMART inhaler which can effectively treat and prevent asthma.

In Bermuda the inhalers that can currently be used for SMART treatment are Symbicort (Rapihaler and Turbuhaler) and the generic DuoResp Spiromax



### **One inhaler to treat and prevent/maintain asthma.**

These SMART inhalers can be used as daily prevention/maintenance and the same inhaler used for rapid relief of asthma symptoms as needed. Remember to carry your SMART inhaler with you for “as needed” use in response to symptoms.

Having just one inhaler simplifies treatment for people with asthma, these inhalers work as fast as a blue relief inhaler to relieve symptoms but also treat the underlying cause of asthma, the inflammation of the airways. This dual effect improves asthma control and can prevent asthma from becoming worse and can prevent asthma attacks.

In very mild asthma the anti-inflammatory SMART reliever can be used as needed.

Let's simplify and improve asthma treatment with SMART – Single Maintenance And Relief Therapy!

**Please speak to your doctor about SMART and your treatment options for asthma.**

For more information contact Open Airways nurse on 232-0264 or [nurse@openairways.com](mailto:nurse@openairways.com)

[www.openairways.com](http://www.openairways.com)

