

Get SMART about asthma!

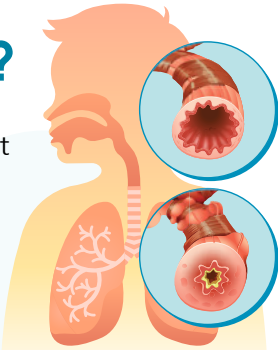


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www.AllergyAndAsthmaRelief.org

What is asthma?

Asthma is a chronic lung condition that makes it difficult to breathe. It happens when the airways become inflamed (swollen and irritated), narrowed (tightened up), and filled with extra mucus.



1 in 10 children in the U.S. suffer from asthma



53% of people with asthma have an attack each year



10.5 million missed school days each year

What are asthma triggers?



What is SMART therapy?

SMART therapy (Single Maintenance and Reliever Therapy) is an asthma treatment plan that **uses the same inhaler for both daily control and quick relief**. Here's how it works:



One inhaler, two uses

- **Daily use:** Taken every day to prevent asthma symptoms by reducing inflammation and keeping airways open.
- **Relief use:** Also used when asthma symptoms start to act up, like during an asthma attack.

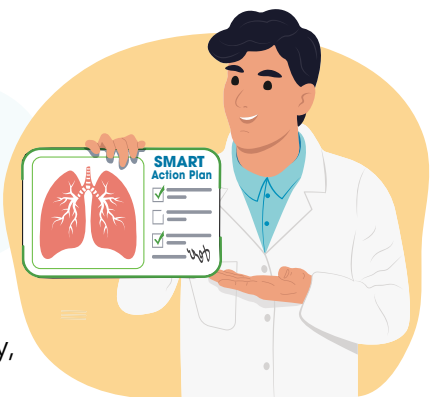
Why is SMART better?

- Simpler with one inhaler
- Better relief
- Helps prevent asthma attacks
- More personal flexibility (Dial up or dial down)
- Fewer urgent care visits
- Fewer oral steroids
- US National/International guidelines say **it's the best way**
- Albuterol by itself isn't best



Follow your action plan

If your child is 5-11 years old, they should not take more than 8 puffs/day. If your child is 12 or older, they should not take more than 12 puffs/day, unless in red zone.



Which inhalers are used for SMART?

- budesonide/formoterol (Symbicort or Breyna)
- mometasone/formoterol (Dulera)