



Your partners
in asthma management

COMBINATION MEDICATION THERAPY

What You Need to Know

Combination therapy consists of Long-Acting Beta-Agonists (LABA) and Inhaled Corticosteroids (ICS).

LABAs are a type of bronchodilator medicine that relax the muscles around the airways in the lungs and last about 12 hours. LABAs alone do NOT decrease swelling in the lungs and are ALWAYS used with inhaled steroids.

The ICS reduce and prevent swelling inside the airways. These medications work together slowly over time, providing long term control of asthma. When taken daily, they maintain control and prevent symptoms of coughing, wheezing, chest tightness or shortness of breath.

Common combination long-acting beta-agonist and anti-inflammatory medicines include:

- Advair® (Flovent® Serevent®)
- Symbicort® (Pulmicort® Foradil®)

Advair and Symbicort are long-term control medicines. They are often inhaled every 12 hours. This combination is effective at improving asthma symptoms and lung function in people with moderate to severe persistent asthma.

Important things to remember

- LABA should always be used with an inhaled steroid. They should never be used alone. The combination medicine is an easy way to inhale both medicines at once.
- Although LABA work by relaxing the muscles around the airways in the lungs, they are not quick relief medicine. Therefore LABA *should not be used* for relief of acute symptoms such as coughing, wheezing, chest tightness or shortness of breath. LABA are long-term control medicines. They are taken every day to prevent symptoms.
- In addition to a LABA, you will need a quick-relief medicine. A quick-relief medicine (albuterol) will treat symptoms such as coughing, wheezing, chest tightness or shortness of breath.

