



## Single Maintenance and Reliever Therapy (SMART)

SMART therapy is recommended for people with moderate to severe (very bad) asthma who need both maintenance and reliever inhalers. SMART is for people ages 5 and older.

### **SMART is a combination treatment that includes:**

- A corticosteroid for maintenance and a long-acting beta-2 agonist (LABA) reliever combined in one inhaler.
- SMART is a maintenance medication. It is taken even if you do not have symptoms.
- The dose (amount you take) can be changed for the needs of each patient.
- Most times at least 2 doses a day are needed. This may be taken as 2 doses at the same time or 1 dose 2 times a day.

## 2 Medicines Work Together in SMART Therapy

Relief inhalers often have only a bronchodilator. Maintenance medications often include an anti-inflammatory inhaled corticosteroid.

### **SMART therapy combines 2 medications to control asthma symptoms**

- Budesonide-formoterol (Symbicort®) an anti-inflammatory inhaled corticosteroid
- Mometasone-formoterol (Dulera®) an inhaled LABA

The budesonide-formoterol combination is the recommended first treatment for moderate to severe asthma.

A SMART inhaler gives you the daily medicine to keep your airways open. It gives you extra anti-inflammatories to lessen airway inflammation if you have symptoms.

## Knowing if You Can Take SMART Therapy

Shared Decision-Making is a way to partner with your doctor to decide the right kind of treatment and know if SMART therapy is right for you or your child.

Asthma treatment is based on how well controlled your asthma is, your lifestyle, what you need and want, and your other healthcare needs. You can work with your doctor to develop your **Asthma Action Plan**. This helps you know what treatment to take when you have symptoms. Some questions to ask your doctor include:

- Do my child or I have moderate to severe asthma?
- Is SMART therapy right for me or my child?
- How can I tell if SMART therapy is working well?

**For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**