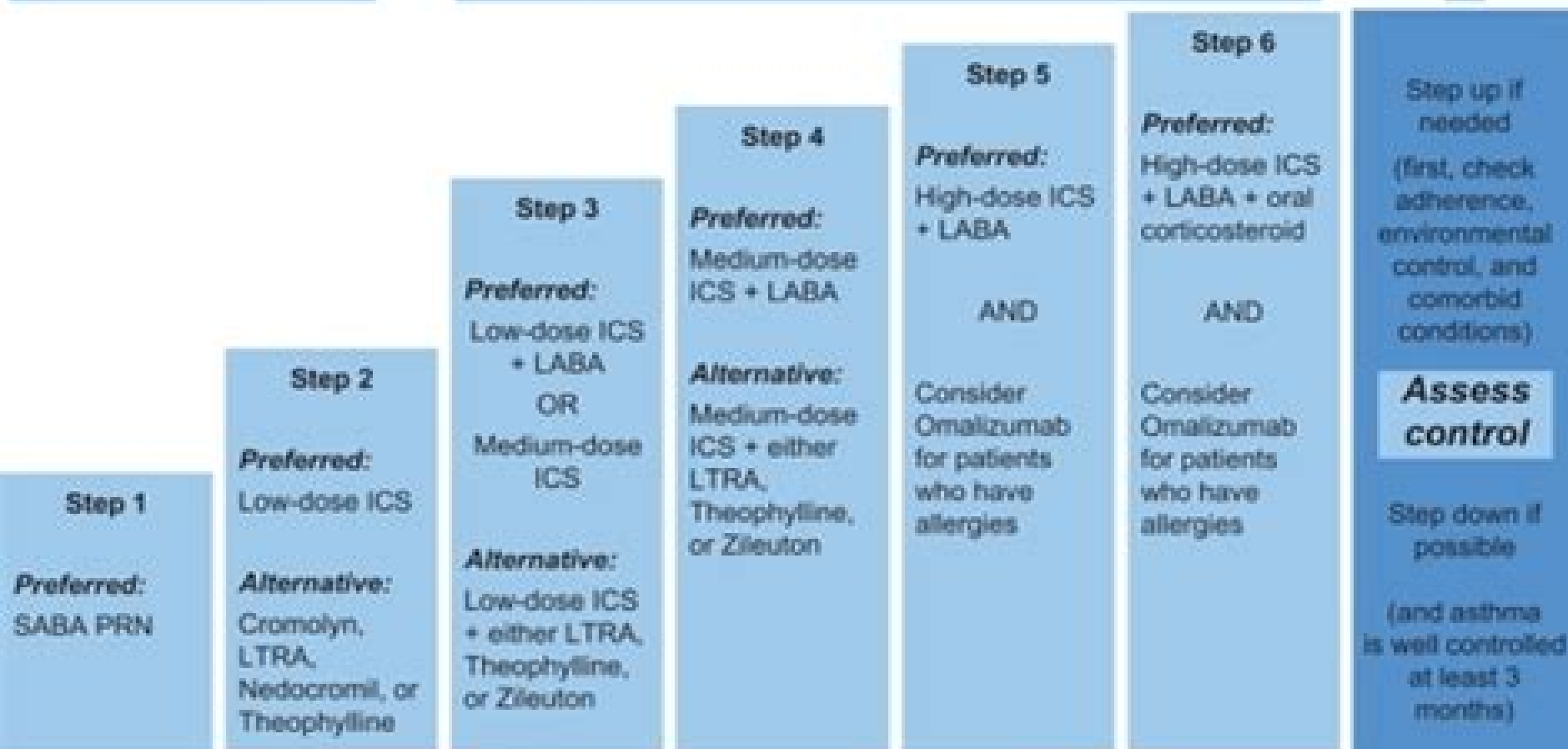


Intermittent asthma

Persistent asthma: Daily medication

Consult with asthma specialist if step 4 care or higher is required.
Consider consultation at step 3.



Each step: patient education, environmental control, and management of comorbidities.

Steps 2–4: Consider subcutaneous allergen immunotherapy for patients who have allergic asthma (see notes).

Quick-relief medication for all patients.

- SABA as needed for symptoms. Intensity of treatment depends on severity of symptoms; up to 3 treatments at 20-minute intervals as needed. Short course of oral systemic corticosteroids may be needed.
- Use of SABA >2 days a week for symptom relief (not prevention of EIB) generally indicates inadequate control and the need to step up treatment.

Asthma An Alternative Approach

**Kuan-Hsiang Gary Huang, Chen Hsuan
Sherry Tsai**



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