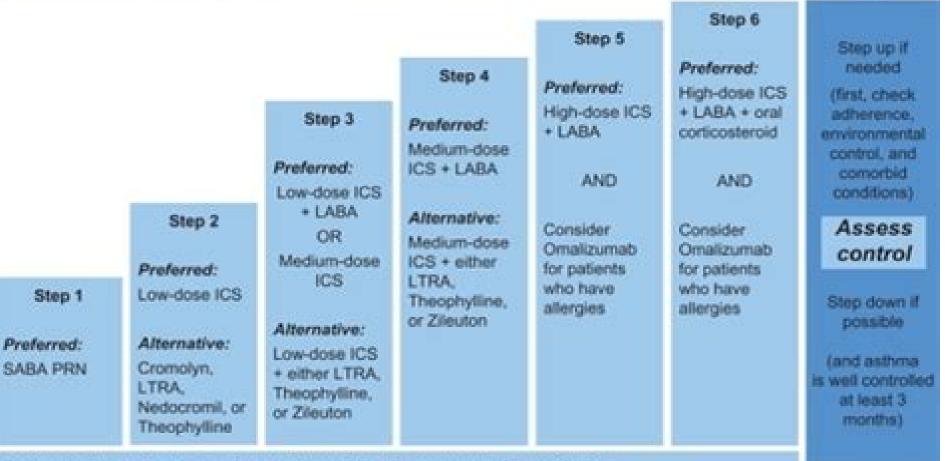
Intermittent asthma

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

Robert J. Mason, Arthur Slutsky, John F. Murray, Jay A. Nadel, Michael B. Gotway



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