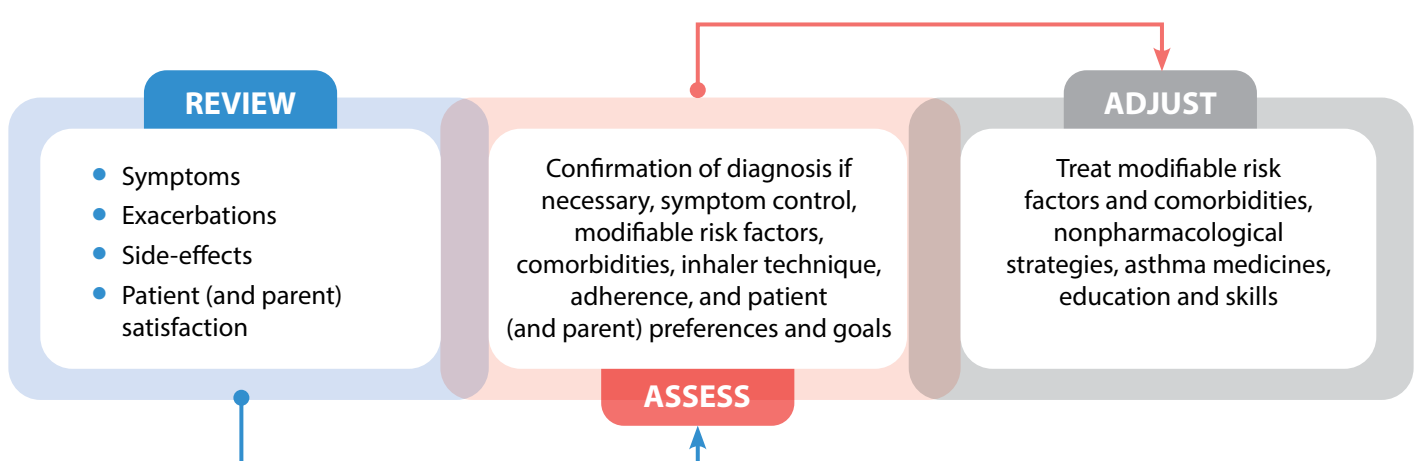
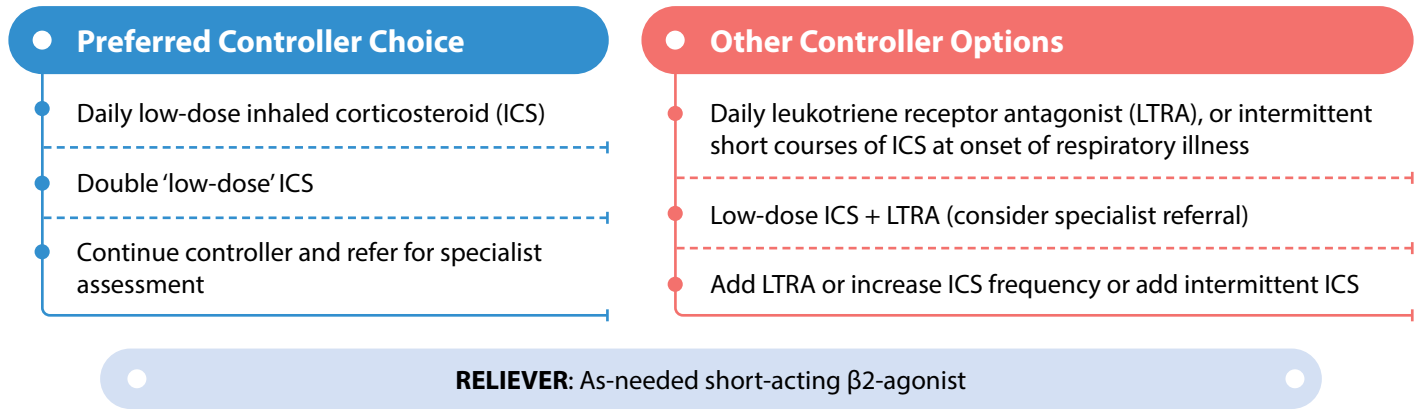


GINA 2021 Asthma Guidelines

Personalized Asthma Management



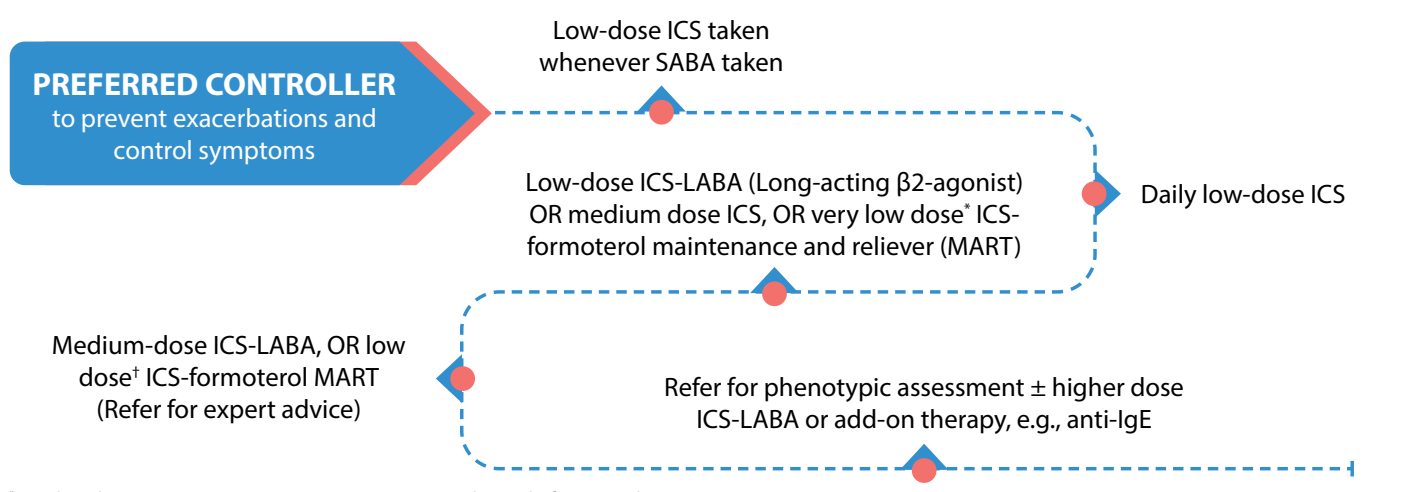
Children Below 5 Years



Consider this step for children with infrequent viral wheezing and no or few interval symptoms

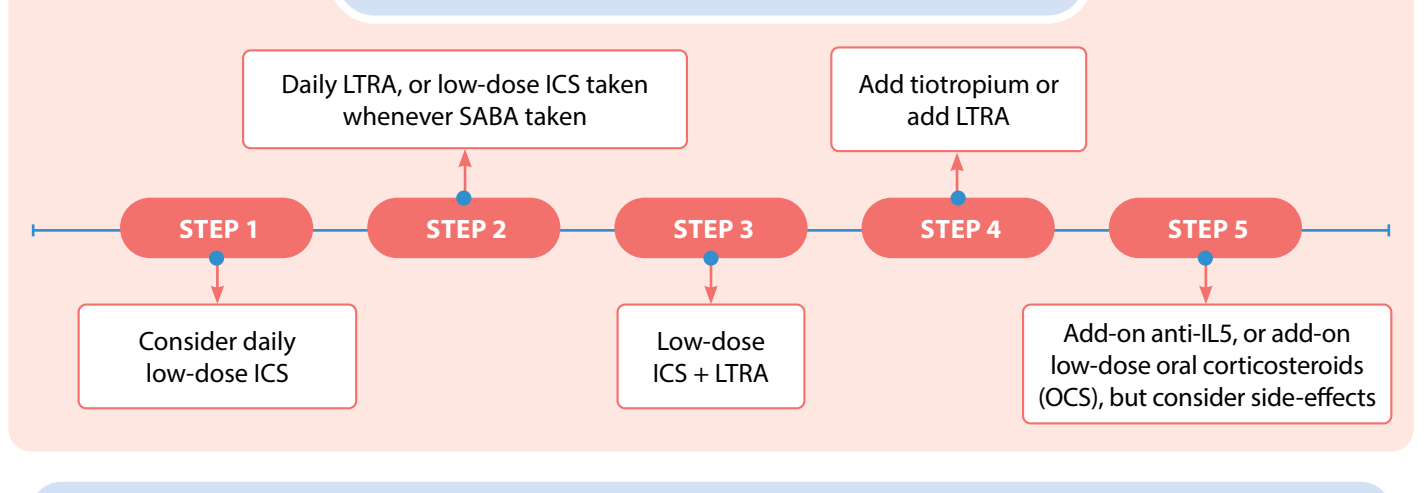
Symptom pattern not consistent with asthma but wheezing episodes requiring short-acting beta-agonist (SABA) occur frequently, e.g. ≥3 per year. Give diagnostic trial for 3 months. (Consider specialist referral). Symptom pattern consistent with asthma, and asthma symptoms not well-controlled or ≥3 exacerbations per year	Asthma diagnosis, and asthma not well-controlled on low-dose ICS	Asthma not well-controlled on double ICS
Before stepping up, check for alternative diagnosis, check inhaler skills, review adherence and exposures		

Children 6–11 Years



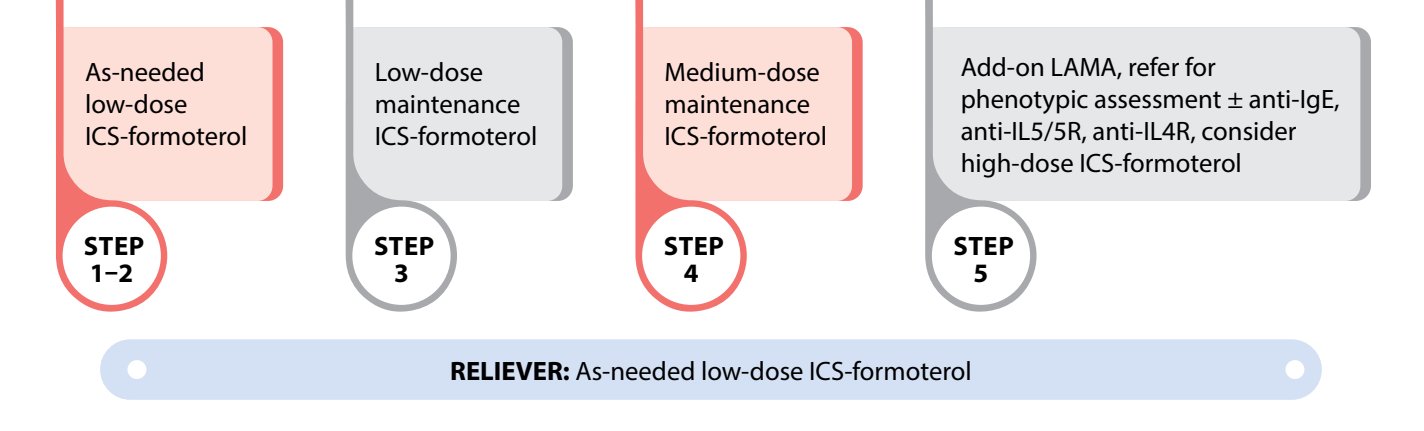
Very low dose: BUD-FORM 100/6 mcg. BUD-FORM: Budesonide-formoterol

OTHER CONTROLLER OPTIONS

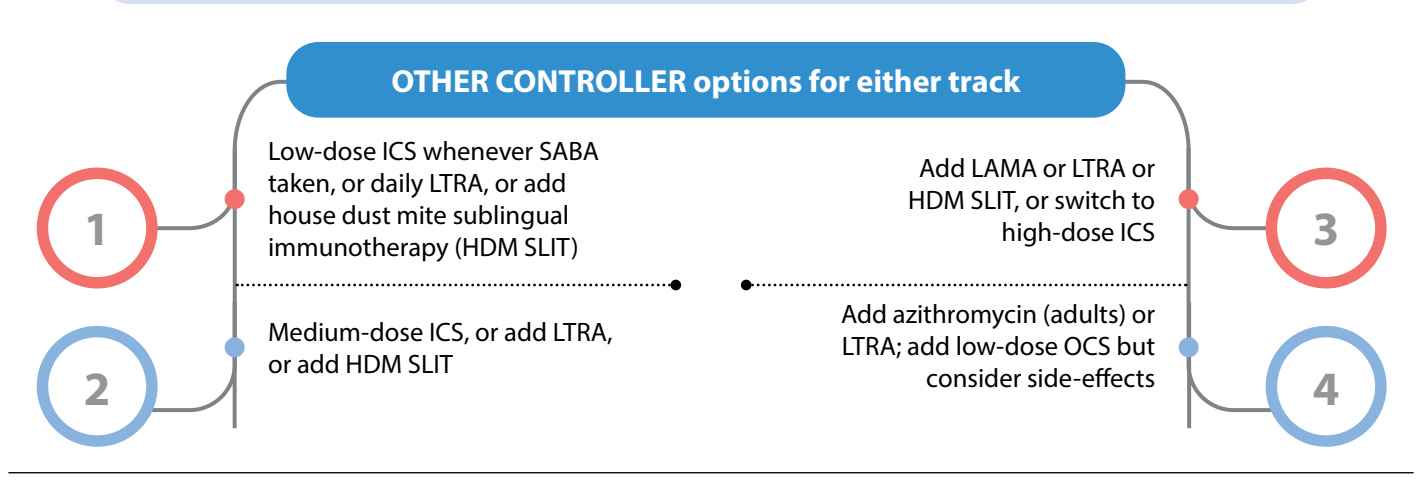
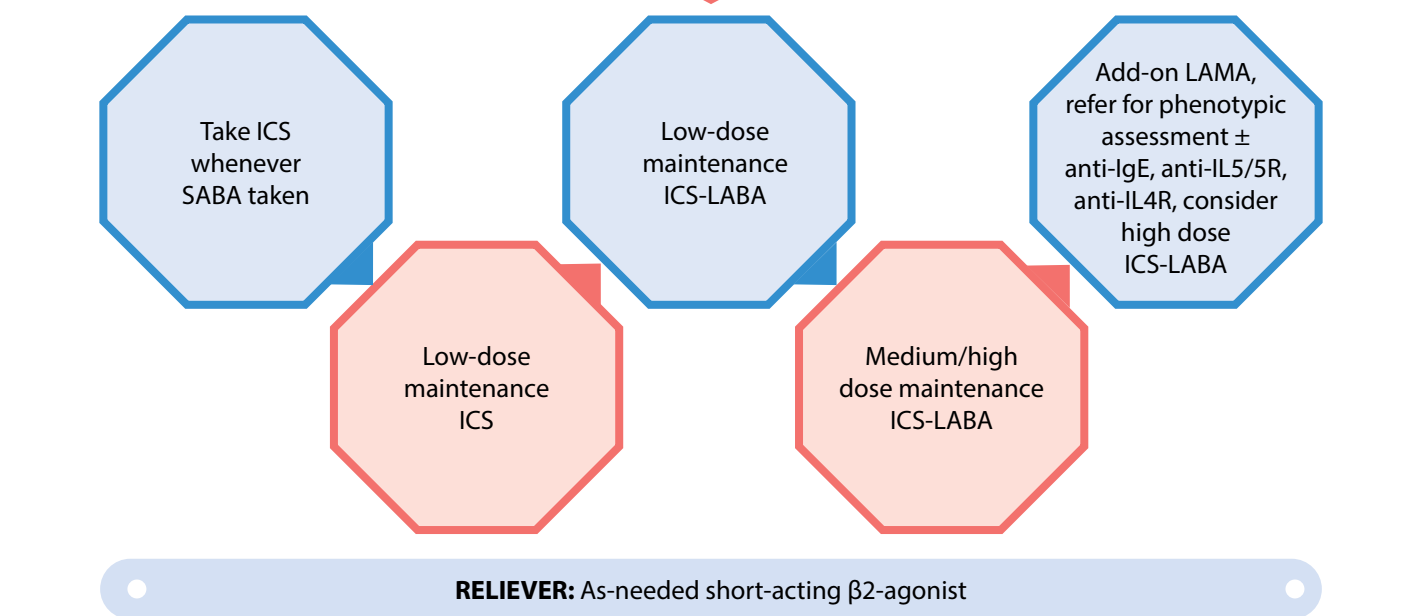


Adults and Adolescents (12+ Years)

CONTROLLER and PREFERRED RELIEVER (Track 1). Using ICS-formoterol as reliever reduces the risk of exacerbations compared with using a SABA reliever



CONTROLLER and ALTERNATIVE RELIEVER (Track 2). Before considering a regimen with SABA reliever, check if the patient is likely to be adherent with daily controller



Abbreviations: ICS: Inhaled corticosteroid; LTRA: Leukotriene receptor antagonist; SABA: Short-acting beta-agonist; LABA: Long-acting beta-agonist; MART: Maintenance and reliever; OCS: Oral corticosteroids; LAMA: Long-acting muscarinic antagonist; IgE: Immunoglobulin E; IL: Interleukin; HDM SLIT: House dust mite sublingual immunotherapy.

Source: GINA Global Strategy for Asthma. 2021 Update