

## Single Maintenance and Reliever Therapy (SMART)

### What are the names for these medicines?

**Generic:** mometasone furoate and formoterol fumarate, budesonide and formoterol fumarate

**Brand Name:** Dulera®, Symbicort®

### What do these medicines do?

- SMART therapy for asthma means needing only one inhaler for both “daily” and “quick relief” asthma treatment.
- A SMART treatment inhaler has two medicines combined into one device:
  - A steroid that helps with airway inflammation (swelling in the airways that make it harder to breathe)
  - A long acting bronchodilator (LABA) - this relaxes smooth muscles in the airways, stopping you from coughing, wheezing, having chest tightness or shortness of breath.
- This therapy is for children 5 years and older

### How are these medicines taken?

These medicines are breathed in with an inhaler and valve holding chamber or spacer.

### When your asthma is well controlled (you don't have asthma symptoms)

- Take this medicine twice a day.

### When you are experiencing asthma symptoms (cough, shortness of breath, wheeze)

- You should continue to take this medicine twice each day and start taking 2 puffs every 4 hours for a maximum of 8 puffs (5 to 11 years) or 12 puffs (12 years and older) in 24 hours
- If your doctor has prescribed Albuterol (Proair®, Ventolin®, Proventil®) or Levalbuterol (Xopenex®), take them after you have reached your maximum number of puffs of your SMART inhaler in a day **AND** call your doctor.
- Your doctor may also prescribe Albuterol or Xopenex® for you to take instead of your SMART inhaler when you are at school or away from home for asthma symptoms or increased activity/exercise

### What are the side effects of these medicines?

The effects of poorly controlled asthma are worse than the possible side effects of inhaled steroids. To avoid side effects, your doctor will prescribe the lowest dose of inhaled steroid possible to control asthma symptoms. If you/your child uses high doses of inhaled steroids over long periods of time, side effects may include:

- delayed growth
- weak bones (osteopenia)
- vision changes

Another rare side effect is Thrush, a yeast infection in the mouth and throat. Thrush causes a white coating on the tongue or inside the cheeks. Your child should brush their teeth and rinse and spit after taking an inhaled steroid to lower their risk of getting Thrush.

Please talk to your/your child's doctor if you have any concerns about medicine side effects or if your child has any side effect symptoms.

## What special instructions should be followed?

- Don't stop or lower your dose of any medicines unless directed to do so by a doctor
- These medicines are important in managing lung disease. If you have questions or concerns about medicines talk to a doctor