

The Use of SMART Therapy with Asthma

What does SMART Therapy mean?

- SMART therapy stands for “single maintenance and reliever therapy” and means using one inhaler per day to prevent asthma, then using the same inhaler when asthma symptoms are present.
- Has been recommended as a first-choice treatment for people over the age of 5 years with asthma.

How does SMART work and what does it involve?

- The medication use for SMART is a combination of an inhaled steroid and a long-acting medication called formoterol. Currently available in the following combinations:
 - Symbicort (budesonide/formoterol)
 - Dulera (mometasone/formoterol)
- Asthma management generally means taking at least two medications – one for prevention and one for treatment of symptoms—but with SMART, the prevention and treatment are the same inhaler.
- The combination of formoterol and the inhaler steroid together is a handy mix, allowing the long-acting formoterol to play a role in prevention as well as in treating symptoms.

Benefits of using SMART

- Fewer asthma attacks overall than those who were taking different prevention and treatment medications.
- Less likely to need treatment with high-dose steroids, such as prednisone and dexamethasone, when you get sick.
- Asthma management is simplified because you only need one inhaler.

Downsides of using SMART

- Cost – Because only a few current companies make the particular mix of medications needed, it can be difficult to find an inhaler at a reasonable cost.
- Not yet approved by the Food and Drug Administration (FDA) for quick reliever use, resulting in issues getting insurance to cover the prescription.

Should you change your current treatment plan?

- If you think SMART may be a good fit for you, speak with your healthcare provider.
- If you believe SMART is right for you but are having problems paying for it, talk to your healthcare provider or pharmacist.