

# Asthma Management Continuum

## Children (6 years and over) and Adults

### Regularly Reassess

- Control
- Spirometry or PEF
- Inhaler technique
- Adherence
- Triggers
- Comorbidities

Adjust Therapy to Achieve and Maintain Control

### Inhaled Corticosteroid (ICS)\*

\*Second-line: Leukotriene Receptor Antagonist (LTRA)

**Low Dose**  
 ≥12 yrs: ≤250 mcg/day<sup>†</sup>  
 6-11 yrs: ≤200 mcg/day<sup>†</sup>

**Medium Dose**  
 251 – 500 mcg/day<sup>†</sup>  
 201 – 400 mcg/day<sup>†</sup>

**High Dose**  
 >500 mcg/day<sup>†</sup>  
 >400 mcg/day<sup>†</sup>

≥12 yrs: Add LABA\*  
 6-11 yrs: Increase ICS

6-11 yrs: Add LABA or LTRA

≥12 yrs: Add LTRA

Prednisone  
 Anti-IgE<sup>‡</sup>

Fast-acting Bronchodilator on Demand

Environmental Control, Education and Written Action Plan

Confirm Diagnosis

Controlled

Uncontrolled

<sup>†</sup> HFA Beclomethasone or equivalent; \*Second-line: LTRA; <sup>‡</sup> Approved for 12 years and over.