

National guidelines for the management of asthma in adults.

Title: National guidelines for the management of asthma in adults.

Publication year: 1992

Journal: American family physician

Authors: UMDNJ-Robert Wood Johnson Medical School, New Brunswick.

Society: Unknown

Origin country: USA

Target countries: USA

PMID: 1357947

Source: <https://pubmed.ncbi.nlm.nih.gov/1357947/>

Asthma is now considered primarily an inflammatory disease in which bronchospasm occurs secondary to airway inflammation. Management strategies include the use of inhaled anti-inflammatory agents, notably inhaled corticosteroids and cromolyn. Mild intermittent asthma may be treated with inhaled bronchodilators. Moderate asthma should be treated with an inhaled anti-inflammatory agent in addition to an inhaled beta agonist. If symptoms persist, an oral bronchodilator (either a beta-adrenergic agonist or theophylline) should be added. Therapy for severe asthma includes combinations of the foregoing medications, with the possible addition of oral corticosteroids. Other aspects of management include the use of a spacer device with inhaler therapy, control of concomitant allergies and triggering factors such as chronic sinusitis, tobacco smoke and gastroesophageal reflux, and home use of a portable peak flow meter to monitor the disease.