



Making simple things complicated using anti-inflammatory reliever therapy

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Use more budesonide/formoterol when you need it, and less when you don't <http://bit.ly/2PKsCOH>

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To the Editor:

We appreciated reading the eloquent editorial from BEASLEY *et al.* [1], who make a cogent evidence-based case for using budesonide/formoterol (BUD/FM) on demand (*p.r.n.*) as the preferred asthma reliever, in keeping with the latest GINA guidelines. They proffer what appears at first sight to be a pragmatic stepwise treatment algorithm and associated action plan for using BUD/FM *p.r.n.* as anti-inflammatory reliever (AIR)±maintenance therapy across Global Initiative for Asthma steps 1 to 3.

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Name: Doctor: Date of plan:

Asthma action plan using your budesonide/formoterol 200/6 µg (Symbicort) on demand[#]

Use more puffs when you need it,
less when you don't

Up to 8 puffs per day
depending on symptoms

Seek medical advice if you need
≥8 puffs per day on a regular basis[¶]