

Some terms you may need to know when listening to this podcast



- **GINA:** Global Initiative for Asthma. Global strategy for asthma. <https://ginasthma.org/>
- **BTS:** British Thoracic Society. UK respiratory organisation who produces standards and guidelines in respiratory care. <https://www.brit-thoracic.org.uk/>
- **SABA:** Short acting beta agonists. Quick-onset-of-action reliever for severe asthma symptoms.
- **ICS:** Inhaled corticosteroids. Anti-inflammatory sprays or powders that you breathe in to reduce lung inflammation.
- **PRN:** Medical term used to describe taking medication 'as-needed'.
- **AIR:** Anti-inflammatory reliever. Combination inhaler regime (ICS-formoterol) which can be used by individuals with less frequent asthma symptoms as-needed (PRN) only.
- **MART:** Maintenance and reliever therapy. Combination inhaler regime (ICS-formoterol) which is used for patients experiencing more moderate asthma symptoms. It includes taking one inhaler once or twice a day (morning and/or evening), as well as, as-needed (PRN).



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- **DPI:** Dry powder inhaler. An inhaler device that delivers medication to the lungs in the form of a dry powder (rather than an aerosol). These are better for the environment.
- **pDMI:** Pressurised metered-dose inhaler. An inhaler device that delivers medication to the lungs in the form of an aerosol. They should be used in combination with a spacer to ensure effective delivery of medication.
- **Mild asthma***: Currently defined as asthma that is well controlled with low-intensity treatment i.e. as-needed low-dose ICS-formoterol, or low-dose ICS plus as-needed SABA.
- **Moderate asthma***: Currently defined as asthma that is well controlled with Step 3 or Step 4 treatment e.g. with low- or medium-dose ICS-LABA in either treatment track.
- **Severe asthma***: Defined as asthma that remains uncontrolled despite optimised treatment with high-dose ICS-LABA, or that requires high-dose ICS-LABA to prevent it from becoming uncontrolled.
- **Exacerbation:** Acute or subacute episode of progressively worsening symptoms.
- **MI:** Myocardial infarction. Commonly known as ‘heart attack’.

* Definitions as per GINA report 2023

