

National Asthma Education and Prevention Program: Expert Panel Working		Global Initiative for Asthma (GINA)	
Asthma symptoms/lung function	Therapy*	Asthma symptoms	Therapy
<b>Intermittent asthma/step 1</b>		<b>Step 1</b>	
Daytime symptoms ≤2 days/week Nocturnal awakenings ≤2/month Normal FEV1 Exacerbations ≤1/year	SABA, as needed	Infrequent asthma symptoms (eg, <2 times/week)	formoterol combination MDI 160 mcg-4.5 mcg/inhalation or DPI 200 mcg-6 mcg/inhalation) 1 inhalation, as needed (preferred)or  Low-dose ICS whenever SABA used or as-needed low-dose ICS-SABA
<b>Mild persistent asthma/step 2</b>		<b>Step 2</b>	
Daytime symptoms >2 but <7 days/week Nocturnal awakenings 3 to 4 nights/month Minor interference with activities FEV1 within the normal range Exacerbations ≥2/year	Low-dose ICS daily and SABA as neededor  Low-dose ICS-SABA or ICS plus SABA, concomitantly administered, as needed Alternative option(s) Daily LTRA and SABA as needed	Asthma symptoms or need for reliever inhaler ≥2 times/week	Low-dose ICS-formoterol as needed (preferred)or  Low-dose ICS daily and SABA as needed Other options Low-dose ICS-SABA or ICS plus SABA, concomitantly administered, as neededor (less preferred)  LTRA daily and SABA as needed
<b>Moderate persistent asthma/step 3</b>		<b>Step 3</b>	
Daily symptoms Nocturnal awakenings >1/week Daily need for SABA Some activity limitation FEV1 60 to 80% predicted Exacerbations ≥2/year	and 1 to 2 inhalations as needed up to 12 inhalations/day (preferred option) Alternative option(s) Medium-dose ICS daily and SABA as neededor  Low-dose ICS-LABA combination daily or low-dose ICS plus LAMA daily or low-dose ICS plus LTRA daily and SABA as neededor	Troublesome asthma symptoms most days, nocturnal awakening due to asthma ≥1 time/month, risk factors for exacerbations¶	Low-dose ICS-formoterol as maintenance and reliever therapy (ie, budesonide-formoterol) (preferred)or  Low-dose ICS-LABA combination daily and SABA as needed Other options Medium-dose ICS daily and SABA as neededor  Low-dose ICS plus LTRA daily and SABA as needed
<b>Severe persistent asthma/steps 4 to 6</b>		<b>Steps 4 to 5</b>	
Symptoms all day Nocturnal awakenings nightly Need for SABA several times/day Extreme limitation in activity FEV1 <60% predicted Exacerbations ≥2/year	<b>Step 4:</b> Combination medium dose ICS-formoterol daily and 1 to 2 inhalations as needed to 12 inhalations/day (preferred option) Alternative option(s) Medium-dose ICS-LABA daily or medium-dose ICS plus LAMA daily and SABA as neededor  Medium-dose ICS daily plus LTRA or zileuton and SABA as needed*	Severely uncontrolled asthma with ≥3 of the following: daytime asthma symptoms >2 times/week; nocturnal awakening due to asthma; reliever needed for symptoms >2 times/week, or activity limitation due to asthmaor  An acute exacerbation	<b>Step 4:</b> Medium-dose ICS-formoterol as maintenance and reliever therapy (preferred)or  Medium dose ICS-LABA daily and SABA as needed Other options Possible add-on LAMA or switch to ICS-LAMA-LABA Possible add-on LTRA High-dose ICS-LABA trial (3 to 6 months) if other add-ons insufficient – May need short course of oral glucocorticoids

