

My asthma is good



I don't have a cough or wheeze. I can exercise as usual and I'm sleeping well.

To keep my asthma under control: I take my normal treatment every day, even when I feel well. I use the same inhaler as a preventer (maintenance) and as a reliever.

I take ___ puff(s) AM and ___ puff(s) PM.

I use my inhaler as a reliever if I get asthma symptoms: I take one puff as needed.

My asthma is not good



I am breathless, I'm coughing, especially at night, I have difficulty sleeping (because of my asthma) or I need extra puffs 3+ times a week.

When my asthma is not good: I must continue taking my normal treatment every day AND:

- Take 1 extra puff as needed

My inhaler is:

- Budesonide + formoterol: I can take ___ additional puffs a day
- Beclometasone + formoterol: I can take ___ additional puffs a day
- Seek medical advice if I need more than 8 puffs in 24 hours, even if I'm feeling better

I am having an ASTHMA ATTACK



My inhaler is not helping despite increased doses of my inhaler. I am struggling to breath, have excessive coughing, a tight chest, I'm wheezy and unable to speak in full sentences.

Seek emergency medical advice – CALL 999

- Sit upright and keep calm
- Loosen tight clothing
- Take 1 puff → Wait 1-3 minutes → no improvement → take 1 puff. Repeat up to a maximum of 6 puffs.

Even if I feel better I should see my doctor or nurse immediately after an asthma attack.

If help does not arrive, call 999 again

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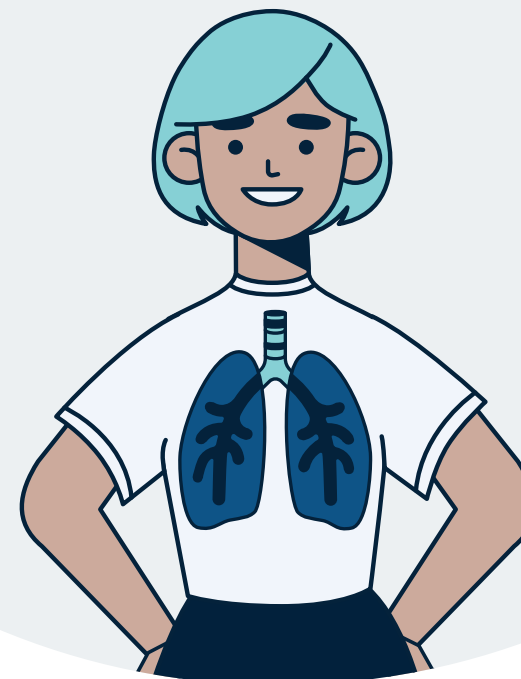
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MART inhaler images licensed at the time of publication.

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My MART Asthma Action Plan



First name:

Surname:

Surgery:

Nurse/doctor name:

Date completed:

MART inhaler type:

Usual daily dose:

Other asthma medication:

The Fostair NEXThaler 100/6, Luforbec 100/6 pMDI and Bibeco 100/6 pMDI inhalers are licenced for MART at 1 puff twice a day plus added doses as needed (up to a maximum of 8). Any prescribing outside of this is off licence and at the prescriber's discretion.

What is asthma?

Asthma is a chronic inflammatory disease of the airways. The airways become sensitive and react to triggers. (see asthma triggers)

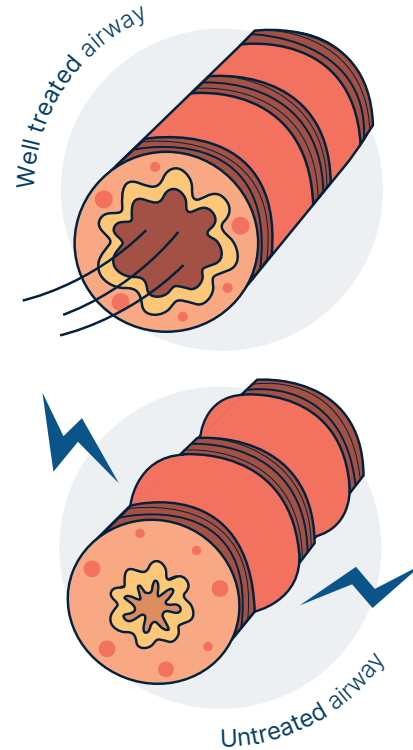
Symptoms include wheezing, breathlessness, chest tightness, and coughing.

Treat asthma using a single MART inhaler to reduce inflammation and open the airways.

Have a personalised asthma action plan

Management involves avoiding triggers where possible and taking inhalers as prescribed.

Asthma control is good when I have no symptoms BUT I should still use my inhaler every day.



What is a MART Plan?



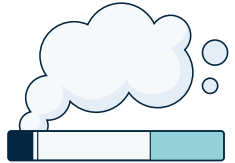

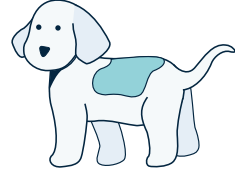
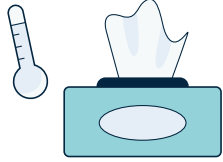
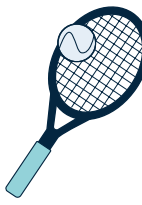
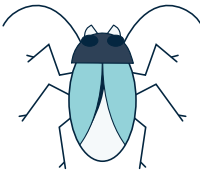
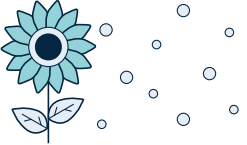


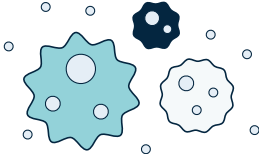


A MART (Maintenance and Reliever Therapy) plan is a simple way to manage asthma with one inhaler:

1 One inhaler for everything
Daily treatment and quick relief of symptoms.

✓ Convenient
Easy to remember and manage.

□ Combination inhaler
2 medicines, one to reduce inflammation and the other to open airways.

⚙️ Personalised and tailored to your specific needs for better asthma control.

Asthma Triggers 		
<input type="checkbox"/> Strong smells 	<input type="checkbox"/> Smoke 	
<input type="checkbox"/> Strong emotions 	<input type="checkbox"/> Furry pets 	<input type="checkbox"/> Colds 
<input type="checkbox"/> Exercise 	<input type="checkbox"/> Cockroaches 	<input type="checkbox"/> Pollen 
<input type="checkbox"/> Changes in the weather 	<input type="checkbox"/> Cold weather 	<input type="checkbox"/> Mould and mildew 
<input type="checkbox"/> Food allergies 	<input type="checkbox"/> Dust 	<input type="checkbox"/> Other <div style="border: 1px solid gray; height: 100px; width: 100%;"></div>

