



**\*\*Attach to Patient's Chart\*\***

**Asthma Patient Fax Alert\***

**Patient Information**

Physician:	Today's Date:
Patient:	Admitted To:
Member ID:	Admit Date:
Diagnosis:	Discharge Date:

This member was recently hospitalized. If you are considering a therapeutic trial of an inhaled corticosteroid, please refer to our applicable Preferred Drug List below.

**Preferred Drug List\***

<u>Short Acting Beta-2 Adrenergic Agonist Bronchodilators:</u>	Ventolin <sup>®</sup> HFA
<u>Inhaled Corticosteroids:</u>	Qvar <sup>®</sup> , Flovent <sup>®</sup> HFA, Asmanex <sup>®</sup>
<u>Leukotriene Modifiers:</u>	Singulair <sup>®</sup>
<u>Other Anti-Inflammatory Inhalers:</u>	Cromolyn Sodium
<u>Theophyllines &amp; Aminophylline:</u>	Theophylline ER, Uniphy <sup>®</sup> , Aminophylline
<u>Long-Acting Bronchodilators:</u>	Serevent Diskus <sup>®</sup>
<u>Combination Corticosteroid and Long Acting Bronchodilator:</u>	Advair <sup>®</sup> , Symbicort <sup>®</sup>

**\*Note: Medication coverage is subject to generic, brand and co-pay benefit structure.**

**The National Asthma Education & Prevention Program Guidelines for Asthma Care\***

- Inhaled corticosteroids are safe, effective and preferred first-line therapy for children and adults with persistent asthma.
- Leukotriene modifiers and other anti-inflammatory agents are alternatives for mild persistent asthma.
- Theophylline can reduce frequency and severity of persistent symptoms.
- Adding a long-acting inhaled Beta-2 agonist to inhaled steroids is more effective than simply increasing the dose of inhaled steroids for patients over 5 years old who have moderate to persistent asthma.
- Short-acting inhaled Beta-2 agonists are the most effective drugs for treatment of breakthrough symptoms and immediate prevention of exercise-induced asthma.

*\*Expert Panel Report: Guidelines for the Diagnosis and Management of Asthma. Update on selected topics 2002. National Heart, Lung, and Blood Institute. NIH Publication No. 02-5074 June 2003.*

**Address questions to our Asthma Disease Management Program (866) 593-2538.**

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