

BRONCHIAL ASTHMA CONTROL: HOW TO HELP THE PATIENT «TODAY» AND PROTECT HIM «TOMORROW»?

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Summary. *Symbicort Maintenance and Reliever Therapy (SMART) is the most efficient and state-of-the-art asthma treatment regimen. From the viewpoint of evidence-based medicine this method of therapy has a lot of advantages comparing to high ICS dose (2–4 fold increase), addition of long-acting β_2 -agonist to ICS in low doses and high doses of ICS/LABA fixed combinations. There are no studies on Symbicort SMART benefits in steroid-naïve patients and those who use systemic corticosteroids. SMART therapy is not suitable for those patients who don't suffer from asthma, those who use SABA having no asthma symptoms. This approach is simple and clear for patients while it provides current symptoms control as well as significant decrease of future exacerbations risk.*

Key words: *asthma, asthma control, Symbicort.*