

How Symbicort can help you breathe easier now^{*1} and into the future⁺²

*Fast relief of asthma symptoms starting in 1-3 minutes | [†]reduce the risk of asthma attacks, whilst taking Symbicort as prescribed by your doctor

1. What is asthma?

Asthma is a long-term lung condition where airways are more sensitive to certain triggers, making it difficult to breathe.

COMMON SYMPTOMS



Wheezing



Tightness in the chest



Shortness of breath



Cough

COMMON TRIGGERS



Cold Air



Airborne irritants (like smoke and fumes)



Allergens (like pollen and dust mites)



Animals pet allergies

There may be other triggers, please discuss with your doctor.

2. What causes asthma symptoms?

Asthma affects your airways in two ways

AIRWAY TIGHTENING

Symptoms you feel



The narrowing of airways due to muscle tightening

SWELLING AND INFLAMMATION

A hidden cause of asthma symptoms



Though it can't always be felt, this can make airways more sensitive to triggers

3. How do you treat asthma?

Asthma is usually treated using two different types of inhaler

RELIEVER



Reliever inhalers treat the immediate symptoms of asthma only

PREVENTER



Preventer inhalers treat swelling and inflammation, **hidden causes** of asthma symptoms

For effective asthma control, it's important to treat both

4. The risks associated with uncontrolled asthma and only using SABA reliever

SABA relievers provide only short term relief of airway tightening. Types of SABA reliever include Ventolin[®], SalAir[®], Respigen[™] and Bricanyl[®].^{3,4}

YOUR ASTHMA MAY NOT BE WELL CONTROLLED IF YOU:³



Experience symptoms more than 2 days/week



Use a SABA reliever for symptoms more than 2 days/week[†]

[†]SABA, not including doses taken prophylactically before exercise

RISKS OF USING SABA RELIEVER ONLY⁴



May increase airway swelling and inflammation



May reduce lung function

RISK OF SABA OVERUSE³



3 or more SABA canisters per year

CAN LEAD TO



Increased risk of asthma attacks

5. How Symbicort works

Symbicort can be used as an Anti-Inflammatory Reliever and a Preventer, to both relieve and help prevent asthma symptoms across any level of asthma.^{1,2}

RELIEVER



Reduces symptoms you feel, like tightened airways

+

PREVENTER



Helps reduce the hidden causes of symptoms, like swelling and inflammation

=

IN ONE INHALER



Symbicort can be used as both a Reliever AND Preventer in one

6. Benefits of Symbicort^{1,2}

FAST RELIEF OF ASTHMA SYMPTOMS



starts working in 1-3 minutes

HELPS REDUCE RISK OF ASTHMA ATTACKS



CONVENIENT

A combined budesonide/formoterol inhaler is the only asthma treatment indicated to be used ALONE* as both a Reliever AND Preventer in one.



Reliever



Preventer



*without the need for a separate SABA reliever

7. Keep an eye out for¹

Usually you do not feel any side effects when you use Symbicort. The most common side effects of Symbicort are mild irritation in the throat, coughing, hoarseness, thrush (of mouth or throat), headache, tremor, palpitations and pneumonia (in COPD patients). Tell your doctor if any of these or other unusual effects bother you.

READY TO LEARN MORE ABOUT SYMBICORT? TALK TO YOUR DOCTOR TODAY.

NOTES

References:

1. SYMBICORT Turbuhaler Consumer Medicine Information. Available from <https://www.medsafe.govt.nz/Consumers/cmi/s/SymbicortThaler.pdf>. Last accessed 01 August 2020.
2. SYMBICORT Turbuhaler Data Sheet NZ. 3. Asthma and Respiratory Foundation NZ: NZ Adolescent and Adult Asthma Guidelines 2020. Available from https://www.nzrespiratoryguidelines.co.nz/uploads/8/3/0/1/83014052/arfnz_adolescent_and_adult_asthma_guidelines_.pdf. Last accessed 24 July 2020.
4. Global Initiative for Asthma. Global Strategy for Asthma Management and Prevention: Updated 2020: Available from https://ginasthma.org/wp-content/uploads/2020/06/GINA-2020-report_20_06_04-1-wms.pdf. Last accessed 01 August 2020.

Keep using your asthma medication as prescribed by your doctor until they tell you to change. Your doctor may prescribe Symbicort Turbuhaler in a different way or for a different indication to that which is described here. Follow your doctors directions carefully. Usually you do not feel any side effects when you use Symbicort. The most common side effects of Symbicort are mild irritation in the throat, coughing, hoarseness, thrush (of mouth or throat), headache, tremor and palpitations. Tell your doctor if any of these or other unusual effects bother you.

Symbicort® is a prescription medicine for the treatment of asthma and COPD. For asthma: Anti-inflammatory reliever therapy (Symbicort 200/6); Anti-inflammatory reliever plus maintenance therapy (Symbicort 100/6; 200/6), maintenance therapy (Symbicort 100/6, 200/6, 400/12). For COPD (Symbicort 200/6, 400/12). Symbicort® has risks and benefits. Ask your doctor if Symbicort® is right for you. Use strictly as directed. If symptoms persist see your doctor. Symbicort® is fully funded on the Pharmaceutical Schedule. Normal doctor's charges and pharmacy fees apply. Ingredients: budesonide/formoterol 100mcg/6mcg, 200/mcg/6mcg, 400mcg/12mcg. For product details check the Consumer Medicine Information, CMI, at www.medsafe.govt.nz.

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