



****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>	Albuterol, Terbutaline, Metaproterenol Qvar [®] , Flovent [®] , Nebulizer-Pulmicort Respules [®] (indicated for children under 8 years old)
<u>Inhaled Corticosteroids:</u>	Singulair [®]
<u>Leukotriene Modifiers:</u>	Intal [®] , Tilade [®]
<u>Other Anti-Inflammatory Inhalers:</u>	Theodur [®] , Uniphy [®] , Aminophylline
<u>Theophyllines & Aminophylline:</u>	Serevent Diskus [®]
<u>Long-Acting Bronchodilators:</u>	Advair [®] , Symbicort
<u>Combination Corticosteroid and Long Acting Bronchodilator:</u>	Members can obtain peak flow meters with a prescription at their local pharmacy. Medicaid members can obtain spacers with a prescription at their local pharmacy.
<u>Peak Flow Meters:</u>	
<u>Spacers:</u>	

***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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