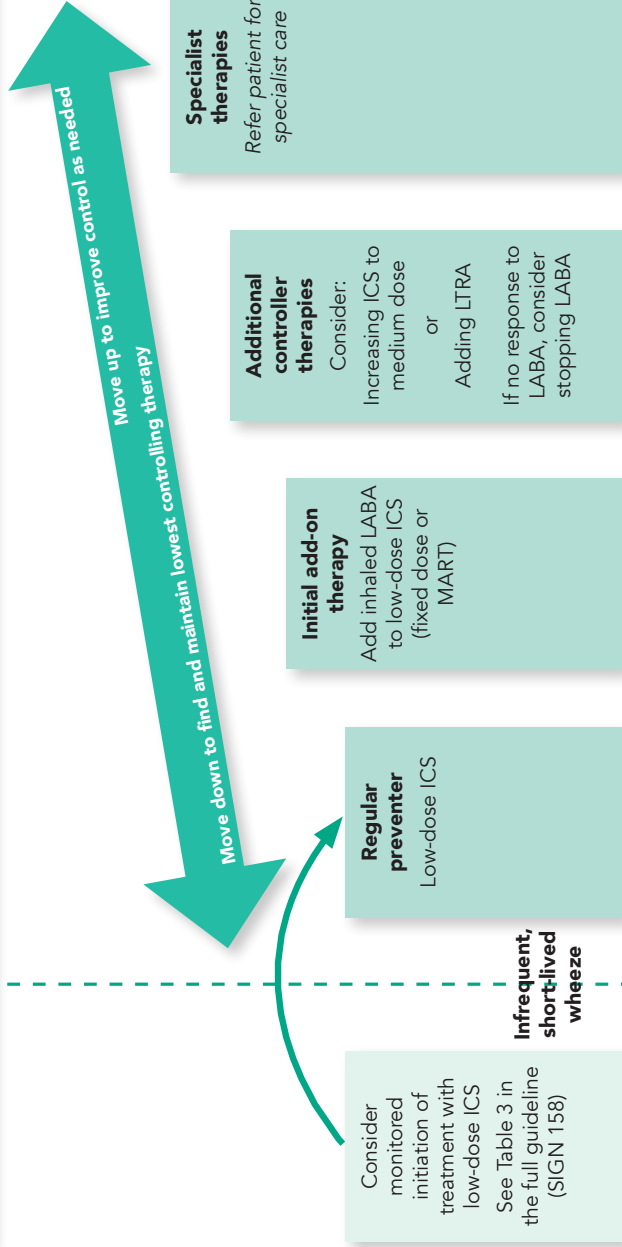


## Asthma—suspected

## Adult asthma—diagnosed

### Diagnosis and assessment

Evaluation: ■ assess symptoms, measure lung function, check inhaler technique and adherence  
■ adjust dose ■ update self-management plan ■ move up and down as appropriate



Short acting  $\beta_2$ -agonists as required (unless using MART)—consider moving up if using three doses a week or more

ICS=inhaled corticosteroids; LABA=long-acting beta agonists; LTRA=leukotriene receptor antagonists; MART=maintenance and reliever therapy