

CHIPS

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Drug Information News Letter
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GINA 2024 UNPACKED: THE FUTURE OF ASTHMA CARE

responsiveness but cautions against universal application due to population variability.

- **Anti-Inflammatory Reliever (AIR) Strategy A** major shift in the 2024 guidelines is the endorsement of low-dose ICS-formoterol as the preferred as-needed reliever, even for patients with mild asthma (GINA Steps 1 and 2). This strategy, termed Anti-Inflammatory Reliever (AIR), directly addresses airway inflammation while offering rapid symptom relief. It represents a move away from SABA-only approaches, which have been associated with increased risks of severe exacerbations and asthma-related mortality.

- **Revised Diagnosis Criteria and Flowchart** GINA 2024 introduces a more flexible approach to asthma diagnosis, acknowledging that in many global regions, spirometry may not be readily available. The diagnostic flowchart now places greater emphasis on clinical assessment and the identification of variable expiratory airflow limitation using accessible tools. Importantly, it prioritizes minimizing misdiagnosis, which can

arise from overreliance on peak flow or symptom-based assessments alone. The report also discusses bronchodilator responsiveness but cautions against universal application due to population variability.

- **Anti-Inflammatory Reliever (AIR) Strategy A** major shift in the 2024 guidelines is the endorsement of low-dose ICS-formoterol as the preferred as-needed reliever, even for patients with mild asthma (GINA Steps 1 and 2). This strategy, termed Anti-Inflammatory Reliever (AIR), directly addresses airway inflammation while offering rapid symptom relief. It represents a move away from SABA-only approaches, which have been associated with increased risks of severe exacerbations and asthma-related mortality.

- **Maintenance and Reliever Therapy (MART)** GINA reaffirms the effectiveness of Maintenance and Reliever Therapy (MART), particularly in moderate to severe asthma (GINA Steps 3-5). MART involves the use of a single ICS-formoterol inhaler for both daily maintenance and as-needed symptom relief. This approach has demonstrated superior outcomes in reducing exacerbations and improving patient adherence compared to fixed-dose ICS-LABA regimens plus SABA.

- **Expanded Discussion on Cough Variant Asthma** Cough Variant Asthma (CVA) is gaining recognition as a distinct phenotype characterized by chronic cough without classic wheezing or dyspnea. GINA 2024 provides expanded clinical guidance on CVA, emphasizing the diagnostic challenges and the necessity of excluding other conditions. The treatment approach for CVA aligns with that of typical asthma, focusing on ICS use to manage underlying inflammation.

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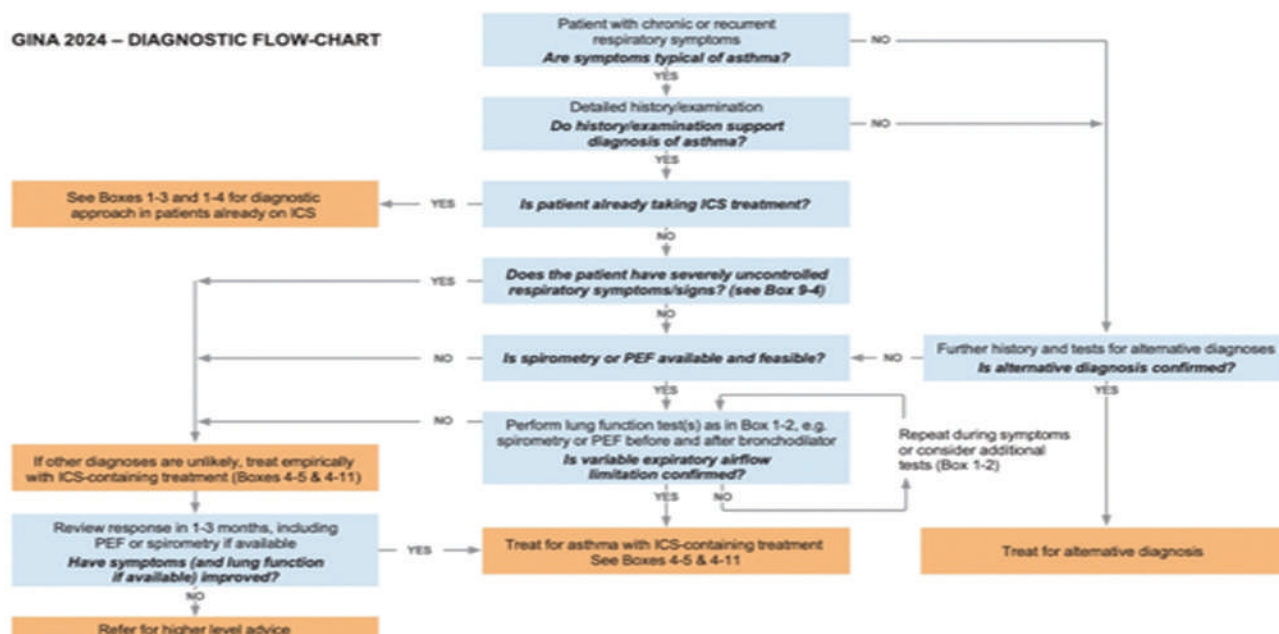
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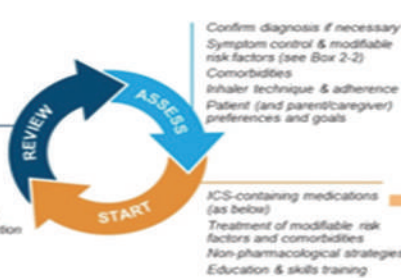
- **Comprehensive Assessment of Asthma Control** The report clarifies that asthma control assessment should not rely solely on short-term symptom reports. GINA highlights the lack of validated tools for long-term control assessment and encourages a broader approach that includes exacerbation history, lung function trends, risk factors, and potential medication side effects. This comprehensive assessment enables better-informed treatment decisions and risk mitigation.
- **Emphasis on Treatment Goals and Patient-Centered Care** GINA 2024 places strong emphasis on setting individualized treatment goals, including achieving long-term symptom control, reducing the risk of future exacerbations, and enhancing quality of life. Clinicians are encouraged to actively involve patients and caregivers in treatment planning, taking into account preferences, lifestyle factors, and inhaler technique. This collaborative model is key to improving adherence and outcomes.
- **Introduction of Asthma Remission as a Concept** For the first time, GINA 2024 introduces the concept of asthma remission, particularly in relation to the growing use of biologics. While full remission remains an aspirational goal, especially in severe asthma, the report discusses emerging evidence suggesting the possibility of clinical and functional remission with targeted therapies. This paves the way for new research and therapeutic strategies aimed at disease modification.

GINA 2024 – DIAGNOSTIC FLOW-CHART



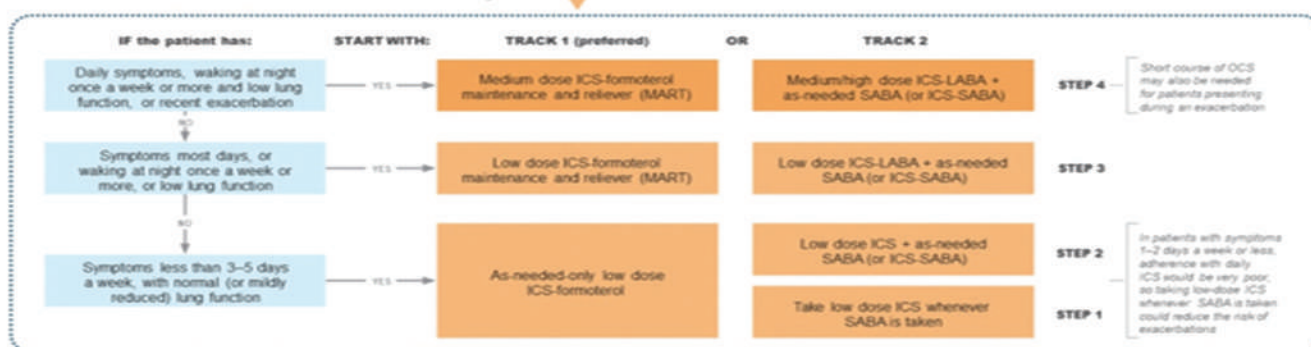
GINA 2024 Box 1-1

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GINA 2024 – STARTING TREATMENT in adults and adolescents 12+ years with a diagnosis of asthma

These recommendations are based on the (little) available evidence and consensus



GINA 2024 Box 4-5

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GINA 2024 – Adults & adolescents 12+ years

Personalized asthma management:
Assess, Adjust, Review
for individual patient needs

TRACK 1: PREFERRED CONTROLLER and RELIEVER
Using ICS-formoterol as the reliever* reduces the risk of exacerbations compared with using a SABA reliever, and is a simpler regimen

TRACK 2: Alternative CONTROLLER and RELIEVER
Before considering a regimen with SABA reliever, check if the patient is likely to adhere to daily controller treatment
Other controller options (limited indications, or less evidence for efficacy or safety – see text)



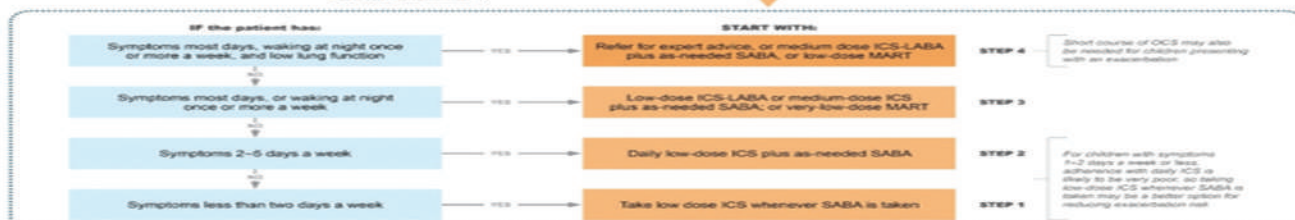
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GINA 2024 – STARTING TREATMENT
in children aged 6–11 years with a diagnosis of asthma

These recommendations are based on the (little) available evidence and consensus



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GINA 2024 – Children 6–11 years

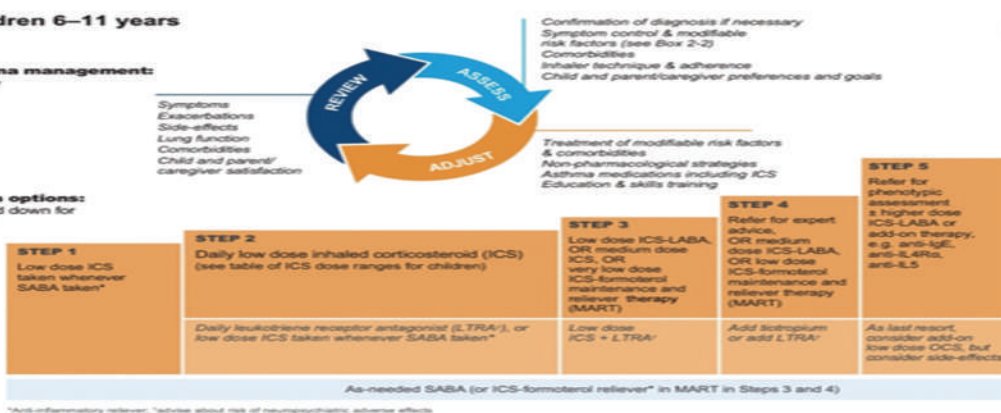
Personalized asthma management:
Assess, Adjust, Review

Asthma medication options:
Adjust treatment up and down for individual child's needs

PREFERRED CONTROLLER
to prevent exacerbations and control symptoms

Other controller options (limited indications, or less evidence for efficacy or safety)

RELIEVER



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GINA 2024 – Children 5 years and younger

Personalized asthma management:
Assess, Adjust, Review response

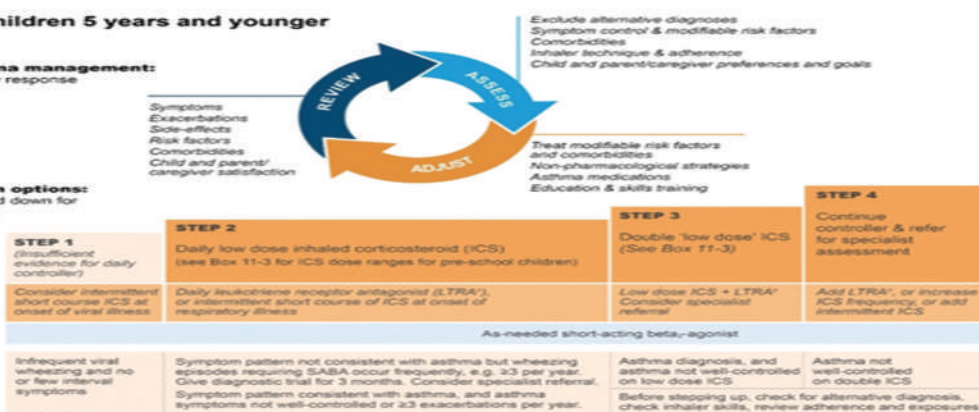
Asthma medication options:
Adjust treatment up and down for individual child's needs

PREFERRED CONTROLLER CHOICE

Other controller options (limited indications, or less evidence for efficacy or safety)

RELIEVER

CONSIDER THIS STEP FOR CHILDREN WITH:



GINA 2024 Box 11-2

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STAFF PUBLICATIONS

- 1.K. Haritha Pavani, & A. Krishnamanjari Pawar. (2024). Quantification Of Analytical Method For The Estimation Of Selexipag And Its Impurities By Rp-Hplc. Educational Administration: Theory and Practice, 30(1), 3442–3451.
- 2.Sudarshan, Upadhye & S, Janet & Brahma, Srinivasa & Dhruv, Dev & Pankaj, Pradhan & Syed, Rihana & Karajgi, Santosh. (2024). Polyherbal Formulation Development and Quality Control for Type 2 Diabetic Mellitus Management. International Journal of Zoological Investigations. 10. 50-57. 10.33745/ijzi.2024.v10i02.006.



National Youth Day



Sankranti Sambaraalu



National Girl Child day



**Inauguration of
Ram Mandir at Ayodhya**

75th Republic Day Celebrations



International year of Millets

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