

PrimaryCare:24 

AIR and MART inhalers: Information on new treatments for patients living with asthma

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If you have asthma, you may be offered a new type of inhaler routine called AIR or MART. These treatments can help you control your asthma better and lower the chance of having an asthma attack.

What is AIR?

AIR stands for Anti-Inflammatory Reliever. Instead of using the usual blue inhaler, you use one that has two medicines in it:

- A reliver to help you breathe when you have symptoms
- A steroid to reduce swelling in your lungs

You only use this inhaler when you have asthma symptoms, like coughing or wheezing.

What is MART?

MART stands for Maintenance and Reliever Therapy. You use the same inhaler every day to prevent symptoms and whenever you need relief. This makes it easier to keep your asthma under control and means you don't need extra inhalers.

Why change to AIR or MART?

- You could have fewer asthma attacks
- It's a simpler routine
- It helps treat swelling in your lungs more effectively
- You may not need steroid tablets as often
- You might forget fewer doses
- Reduced cost of prescriptions (if you need to pay)
- New routines may be better for the environment

Is it this right for me?

AIR and MART work well for most people aged 12 and over who have asthma. If you use your blue inhaler more than three times a week, this new routine might help you. There are different inhaler options, and we can help find the one that's right for you.

How can I switch?

You can:

- Book a phone appointment with one of our trained Clinical Pharmacists
- Talk to a Practice Nurse at your asthma check-up

If we don't hear from you, we may contact you in the next few months to talk about switching to AIR or MART.

Where can I learn more?

You can read more on the Asthma and Lung UK website: [AIR](#) and [MART](#).

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