



Companion resources – key topic areas

Five information sheets have been designed to be used as a companion to the Australian Asthma Handbook and as a ‘go-to’ summary reference for the diagnosis and management of asthma. They include key questions to be considered, quick reference tables and key messages to communicate to patients.

The five key topics are:

- Overcoming Australia’s over-reliance on ‘blue puffers’ for asthma
- Anti-inflammatory reliever is the recommended starting treatment for asthma
- Maintenance-and-reliever therapy for asthma
- Oral corticosteroid use in asthma: what’s safe and appropriate?
- Triple therapy for asthma in primary care



Key asthma topic information sheets

<https://www.nationalasthma.org.au/news/2026/suite-of-information-sheets-launched-on-five-key-asthma-topics>