



Asthma in adults and adolescents quick reference guide

This 20-page quick reference guide (QRG) provides a summary of key recommendations and information on asthma in adults and adolescents from the National Asthma Council's Australian Asthma Handbook.

The QRG provides a concise summary and visuals on the step-by-step control-based approach to asthma management in adults and adolescents. The quick reference tables detail the options and dosing regimens for anti-inflammatory reliever therapy (AIR-only) and maintenance-and-reliever therapy (MART).



www.nationalasthma.org.au/living-with-asthma/resources/health-professionals/qrg/asthma-in-adults-quick-reference-guide

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