

MART regimes



A brief guide of what they are and how to use them

Can I start MART?

Most regimes are safe for patients aged 18 or over, but there are some inhalers licensed for 12 years +

It's worth remembering that not all inhalers are safe for use as MART- even if your current inhaler is a combination of steroid and β -blocker

If you want to start a MART regime, speak to your GP or practice nurse

If you want more information on MART regimes or asthma treatment in general, visit Asthma + Lung UK at www.asthma.org.uk

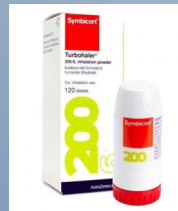
We also have the above information on our website www.villagegreensurgery-wallsend.nhs.uk/

What is a MART regime?

MART, or Maintenance And Reliever Therapy, is an alternative way for patients with asthma to take their inhalers. It involves using one inhaler that is a combination of an inhaled steroid (the preventer), and a bronchodilator (the reliever)



Some examples of MART inhalers we commonly use



How do I take it?

With a MART regime you use this inhaler for your daily maintenance dose, but you can also use it if you need immediate relief

Why use MART?

Many patients prefer a MART inhaler because they only need to carry one inhaler for daily use and for when they have symptoms
Some patients will also find that a MART regime will reduce their symptoms and asthma exacerbations overall

Given that most MART inhalers use dry powder medications, they are also better for the environment and produce less CO₂

The CO₂ produced by each Ventolin Metered Dose Inhaler is roughly the same amount as driving 200 miles in a car
On average, a Dry Powder Inhaler produces around 20 times less



Are there any drawbacks?

As with all treatments, MART regimes will suit some patients better than others
You can still get the side effects of either type of inhaler:

- Steroid inhaler- thrush in your mouth or a hoarse voice. This can be helped by rinsing your mouth out after using it
- β -blocker- trembling, fast heart rate or palpitations, nausea or feeling sick

If you are struggling to use your inhalers or noticing side-effects, speak to your GP or practice nurse