



## *The Medical* **Bulletin**

### **In Pulmonology**

#### **Addition of LAMA is beneficial in managing difficult asthma**

Symptoms of asthma stem from a mixture of inflammation and constriction of the airway, so asthma therapies work on alleviating these mechanisms. Using inhalers, asthma drugs are administered through the airways. Without substantial absorption of drugs into the bloodstream, this method of delivery helps large doses to enter the airway surfaces

Two randomised trials, TRIMARAN AND TRIGGER STUDY recently published in Lancet, contributed to our understanding of successful adult asthma therapies. These two trials showed striking similarities in results. Patients who received the LAMA (IPROTROPIUM) along with inhaled corticosteroid and long-acting beta-agonist had better lung function and lower exacerbations as opposed to the patients receiving only long-acting beta-agonist and an inhaled corticosteroid. In our understanding of how to treat patients with asthma that is difficult to monitor, TRIMARAN and TRIGGER studies offer a move forward. These findings contribute to the current evidence of increased asthma regulation in patients with the most serious type of the condition by adding LAMA to inhaled corticosteroids and beta-agonists. An improvement in asthma treatment is the use of one inhaler containing all three types of drugs (steroid, long-acting beta-agonist, and LAMA)

*Dr. Balachandran*