

**Maintenance** **And** **Reliever** **Therapy** **(MART)** **Asthma** **Action** **Plan**

These are combination inhalers that contain preventer and reliever and are used for both daily maintenance therapy and the relief of symptoms as required.

**Inhalers:** Fostair 100/6, Symbicort 100/6, Proxor 100/6 and 200/6, Duoresp 160/4.5 and Fobumix 80/4.5 and 160/4.5 can be used with the MART asthma treatment regime.

