

## LONG-ACTING MUSCARINIC ANTAGONISTS

Long-acting muscarinic antagonists (LAMAs)\* comprise a pharmacologic class of long-acting bronchodilators.

### Individuals Ages 12 Years and Older with Uncontrolled Persistent Asthma

#### KEY POINTS

- In individuals with asthma that is not controlled by ICS therapy alone, adding a LABA rather than a LAMA to an ICS is recommended.
- However, if a LABA cannot be used (unable to tolerate, contraindication, inability to use device, or the LABA is unavailable), adding a LAMA to an ICS is an acceptable alternative.
- For individuals whose asthma is not controlled with ICS-LABA, adding a LAMA is recommended for many individuals because it offers a small potential benefit.

#### IMPLEMENTATION GUIDANCE AND CONSIDERATIONS FOR SHARED DECISION MAKING

- **When to use treatment:** Prescribe this medication for long-term asthma control in the ambulatory setting.
- **Who should not receive this treatment:** Individuals at risk of urinary retention or those who have glaucoma.
- **Potential benefits:** The addition of a LAMA to ICS-LABA may improve asthma control and quality of life. The addition of a LAMA to an ICS provides a small potential benefit compared to continuing the same ICS dose if an individual cannot use a LABA for any reason.
- **Potential risks:** Adding a LAMA to ICS controller therapy provides no more benefit than adding a LABA to ICS controller therapy and may increase the risk of harm, based on a single real-world study in Blacks.
- **Other considerations:** Adding LAMA therapy to ICS-LABA requires the use of an additional and different type of inhaler. Teach individuals with asthma how to use these devices appropriately.



#### RECOMMENDATIONS

- In individuals ages 12 years and older with uncontrolled persistent asthma, the Expert Panel conditionally recommends against adding LAMA to ICS compared to adding LABA to ICS.
- If LABA is not used in individuals ages 12 years and older with uncontrolled persistent asthma, the Expert Panel conditionally recommends adding LAMA to ICS controller therapy compared to continuing the same dose of ICS alone.
- In individuals ages 12 years and older with uncontrolled persistent asthma, the Expert Panel conditionally recommends adding LAMA to ICS-LABA compared to continuing the same dose of ICS-LABA.

\*At the time of this writing, tiotropium bromide (RESPIMAT®) was the only formulation of LAMA with U.S. Food and Drug Administration (FDA) approval for asthma treatment.