

	Intermittent	Mild Persistent	Moderate Persistent	Severe Persistent		
Daytime symptom frequency	≤2 days/week	2–6 days/week	Daily		Several times/day	
Nighttime awakenings	≤2 nights/month	3–4 nights/month	>1 night/week		Nightly	
SABA rescue	≤2 days/week	2–6 days/week	Daily		Several times/day	
Activity limitation	None	Minor	Some		Extreme	
Exacerbations requiring systemic corticosteroids	0–1/year	≥2/year				
Treatment	SABA as needed	Low-dose inhaled corticosteroid or leukotriene receptor antagonist	Low-dose inhaled corticosteroid AND either LABA or leukotriene receptor antagonist	Medium-dose inhaled corticosteroid	Medium-dose inhaled corticosteroid AND either LABA or leukotriene receptor antagonist	High-dose inhaled corticosteroid AND either LABA or leukotriene receptor antagonist

Short-acting β_2 -agonists: albuterol, levalbuterol

Inhaled corticosteroids: beclomethasone, budesonide, ciclesonide, flunisolide, fluticasone, mometasone

Leukotriene receptor antagonists: montelukast, zafirlukast

Long-acting β_2 -agonists: formoterol, salmeterol

Combined inhaled glucocorticoids and long-acting beta agonists: fluticasone-salmeterol, budesonide-formoterol