

## Combination of LABA + inhaled glucocorticoid safe in asthma

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(HealthDay)—Compared to treatment with an inhaled glucocorticoid

alone, combination therapy with a long-acting  $\beta_2$ -agonist (LABA) and an inhaled glucocorticoid is not associated with a significantly higher risk of serious asthma-related events, according to a study published online June 27 in the *New England Journal of Medicine*.

William W. Busse, M.D., from the University of Wisconsin School of Medicine and Public Health in Madison, and colleagues performed a combined analysis of four trials comparing an inhaled glucocorticoid plus a LABA with an inhaled glucocorticoid alone in adolescents and adults with asthma.

The researchers identified three asthma-related intubations (two in the inhaled-glucocorticoid [group](#), one in the [combination therapy](#) group) and two asthma-related deaths (both in the combination-[therapy](#) group) in four patients among the 36,010 patients in the intention-to-treat study. In a secondary analysis of serious asthma-related events, 0.6 percent of 18,006 patients in the inhaled-glucocorticoid group and 0.66 percent of 18,004 [patients](#) in the combination-therapy group had at least one composite event (relative risk in the combination therapy group, 1.09; 95 percent confidence interval, 0.83 to 1.43; P = 0.55); 11.7 and 9.8 percent, respectively, had at least one asthma exacerbation (relative risk, 0.83; 95 percent confidence interval, 0.78 to 0.89; P

"Combination therapy with a LABA plus an inhaled glucocorticoid did not result in a significantly higher risk of serious asthma-related events than treatment with an inhaled glucocorticoid alone but resulted in significantly fewer asthma exacerbations," the authors write.

Several authors disclosed ties to the pharmaceutical and medical device industries.

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