

Below is a list of inhalers that are commonly used for the treatment of ambulatory asthma (Table).¹ The class of topical inhaled corticosteroids are anti-inflammatory agents and are considered first-line therapy. β_2 -Selective agonists are bronchodilating agents and are the most effective agents for acute bronchospasm and exercise-induced asthma. β_2 -Agonists have no anti-inflammatory properties. Cromolyn sodium and nedocromil sodium are effective inhaled agents that have anti-inflammatory activity but no bronchodilating effects. Ipratropium bromide is a weak bronchodilator that may be used as a supplement to a β -agonist.

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1. Doherty MC, ed. *Red Book*. Montvale, NJ: Medical Economics Co; 1995.

Metered Dose Inhalers for Asthma			
Asthma Drug*	Adult Regimen and Average Dosing	Cost per Unit, \$† (Metered Dose per Canister, U)	Cost per Day, \$† (Regimen)
Inhaled corticosteroid			
Beclomethasone dipropionate (Beclvent and Vanceril)	2 inhalations, 3 or 4 times daily, every 6-8 h	30.01 (200)	0.90 (6 inhalations per day)
Triamcinolone acetonide (Azmacort)	2 inhalations, 3 or 4 times daily, every 6-8 h	41.63 (240)	1.04 (6 inhalations per day)
Flunisolide (Aerobid)	2 inhalations, every 12 h	47.59 (100)	1.90 (4 inhalations per day)
β -Agonists			
Albuterol sulfate (Ventolin and Proventil)	1-2 inhalations, every 4-6 h	23.05 (200) 27.44 (200)	0.92 (8 inhalations per day)
Terbutaline sulfate (Brethaire)	2 inhalations, every 4-6 h	20.75 (300)	0.55 (8 inhalations per day)
Metaproterenol sulfate (Alupent)	2-3 inhalations, every 3-4 h	20.02 (100)	1.20 (12 inhalations per day)
Pirbuterol acetate (Maxair)	2 inhalations, every 4-6 h	23.04 (300)	0.61 (8 inhalations per day)
Bitolterol mesylate (Tornalate)	2 inhalations, every 8 h	34.28 (300)	0.69 (6 inhalations per day)
Salmeterol (Serevent)‡	2 inhalations, every 12 h	47.95 (120)	1.60 (4 inhalations per day)
Other agents			
Cromolyn sodium (Intal [aerosol spray])	2 inhalations, every 6 h	60.43 (200)	2.42 (8 inhalations per day)
Nedocromil sodium (Tilade)	2 inhalations, every 6 h	25.28 (112)	1.80 (8 inhalations per day)
Ipratropium bromide (Atrovent)	2 inhalations, every 6 h	28.14 (200)	1.13 (8 inhalations per day)

*Brand names are given in parentheses.

†Prices are based on wholesale prices from 1995 Red Book.¹

‡Not for short-term use.

Clinical Pearl

Eliciting Achilles tendon reflex is more reproducible in the elderly when plantar strike rather than traditional tendon strike is used. (*Lancet*. 1994;344:1619-1620.)

strated by the declines in white incidence and mortality rates. Although colorectal cancer trends in blacks show signs of recent improvements, declines have yet to be seen, indicating that much needs to be done to reduce the colorectal cancer burden in blacks. The recognition of the disparity in colorectal cancer trends by race can be the beginning of its resolution.

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Clinical Pearl

Two aspirin in 15 mL of chloroform applied topically as needed controls pain in patients with herpes zoster or postherpetic neuralgia when used an average of four times a day. (*Arch Neurol.* 1993;50:10-46.)

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