

Asthma Medications update

Asthma Medications

The following inhaled beta agonist asthma medications are permitted in sport at all times and **DO NOT** require a Therapeutic Use Exemption (TUE) for use in sport.

- Salbutamol (**Ventolin, Asmol**),
- Salmeterol (found in **Seretide**)
- Formoterol (found in **Symbicort**)

Only Inhaled terbutaline (Bricanyl) remains on the WADA Prohibited list, both in and out of competition.

In its announcement of the 2012 List WADA advised that, “The List prohibits the administration of all beta-2 agonists except salbutamol (maximum 1600 micrograms over 24 hours), salmeterol when taken by inhalation, and now formoterol (maximum 36 micrograms taken over 24 hours).”

There has been no change to this rule in the WADA 2014 Prohibited list.

All inhaled corticosteroids are permitted in sport at all times and do not require a TUE for use in sport. This includes budesonide, beclomethasone, fluticasone, ciclesonide.

It is important to note that **oral prednisolone**, often used in the treatment of exacerbations of asthma not controlled by inhaled medications, is **not permitted in sport in competition**.

Other asthma medications including oral montelukast (Singulair), inhaled sodium cromoglycate (Intal Forte) and nedocromil sodium (Tilade) are also permitted in sport at all times and do not require a TUE for use in sport.

What this means for athletes.

*Terbutaline, found in Bricanyl, remains on the prohibited list, **in and out of competition**, and still requires an approved TUE for use in sport.*

*This and oral prednisolone, sometimes used in the treatment of asthma, is also prohibited **in competition**, and requires an approved TUE for use in competition.*

*If you need to use terbutaline (Bricanyl), you can ask your doctor to **switch to ventolin** and a TUE is then not required. Should you wish to continue to use bricanyl, you will need a bronchial provocation test to verify that you have asthma. This should be arranged through your local AA Preferred Sports Physician (see list on AA Website under Medical).*

If your test is positive for exercise-induced asthma or exercise induced bronchoconstriction, you will then need to complete a TUE application and send this to ASDMAC or the IAAF (if you are competing in IAAF sanctioned events). You cannot start using bricanyl until your TUE application is approved.

TUE application forms can be downloaded from the ASDMAC website.

<http://www.asdmac.gov.au/TUE.html>

Athletes wishing to compete in IAAF sanctioned events must fill in the IAAF TUE application form and contact the AA Chief Medical Officer, Dr. Adam Castricum before submitting this to the IAAF Medical Commission, awaiting approval before using the prohibited medication.

The IAAF TUE application form is found on the AA website in the anti-doping section.

Should you have any further issues, please consult your local doctor to ensure your asthma treatment is adequate and contact AA for further information.

Dr. Adam Castricum
Athletics Australia Chief Medical Officer

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