

# Asthma Medicine

There are 2 main types of medicine for asthma.

## Daily Preventive Asthma Medicine

- Take it every day, even when you feel fine, as directed by your healthcare provider
- Take it to help prevent asthma symptoms

## Rescue Medicine

- Most often taken as a **rescue inhaler**
- Take your rescue inhaler when you have sudden asthma symptoms

## About Your Daily Preventive Asthma Medicine

### Daily preventive asthma medicine taken with an inhaler includes:

- Inhaled corticosteroid
- Inhaled corticosteroid combined with a long-acting bronchodilator. Your provider may tell you to take this if you still have asthma symptoms while taking an inhaled corticosteroid

### Daily preventive asthma medicine taken as pills includes:

- Leukotriene modifier
- Theophylline
- These medicines are used to prevent asthma symptoms. Do not use these medicines for sudden asthma symptoms
- Daily preventive asthma medicine helps to reduce swelling inside the airways or relax the airway muscles
- Over time, your provider may stop, change, or add daily preventive asthma medicines
- Talk with your provider before you make any medicine changes

Tip: Take your daily preventive asthma medicine at the same time every day, as directed by your provider.

## About Your Rescue Medicine

- Everyone with asthma needs a rescue medicine, such as a rescue inhaler
- A rescue inhaler helps to open your airways when you have sudden asthma symptoms

### Rescue inhaler medicine includes:

- Albuterol
- Levalbuterol
- Pirbuterol

Tip: Keep your rescue inhaler with you at all times.

## Helpful tips when taking your asthma medicines

- If you use your rescue inhaler, circle that day on a calendar
  - Write down how many times you used it
  - Tell your healthcare provider if you use it more than 2 days in a week
- Develop an asthma action plan with your provider at your next visit
  - Asthma symptoms can change from day to day
  - An asthma action plan helps you know what to do when you have asthma symptoms, and should tell you:
    - What medicines to take
    - How much to take
    - When to take them
    - When to get help

## What about steroids and asthma?

- The steroids used for asthma are NOT the same as the steroids some people use to build muscle
- You may take a type of steroid called an inhaled corticosteroid every day as a daily preventive asthma medicine. This helps reduce swelling in the airways, which helps relieve asthma symptoms such as coughing and wheezing
- In some cases, corticosteroids are taken as pills or liquids for a short time if asthma symptoms are severe
- Take any asthma medicine as directed by your provider

**REMEMBER:** Talk with your healthcare provider at each visit about your asthma medicine and your asthma symptoms.

