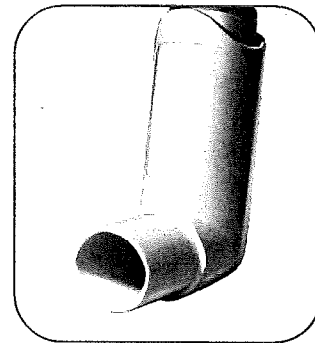


# Inhaled Steroids and Asthma

During an asthma flare-up, your airways swell and fill with mucus. Inhaled steroid medicines help prevent asthma flare-ups.

## Inhaled Steroid Medicines for Asthma

- Are long-term controllers that are taken every day as directed by your doctor.
- Are recommended as an effective and well-tolerated medicine for children and adults who need a long-term controller medicine.
- Help reduce swelling in the airways.
- Help reduce coughing and wheezing.
- Go straight into the airways of the lungs.
- Reduce the need for quick-relief medicines.



A Metered-Dose  
Asthma Inhaler

## Oral Steroid Medicines for Asthma

- Are used to treat moderate to severe asthma flare-ups for a short period of time.
- Are quick-relief medicines (not controller medicines).
- Help you feel better quickly.

## Anabolic Steroids

There are steroids that some people use to build muscles. These are called anabolic steroids. They are **not** the same as steroids used to treat asthma.

Talk to your doctor about whether inhaled steroids can help manage your asthma.