




Understanding Asthma Medicine and Treatment

The Three Types of Asthma Medicine	 What does it do?	 When do I take it?	 Be Careful!	Medicines:
1. Long-Term Control	This medicine controls the swelling and mucus build-up in your airways to prevent asthma symptoms.	Take this medicine everyday , even when you feel well and have no asthma symptoms. Take this medicine everyday until your doctor tells you to stop.	This medicine does <u>not</u> stop asthma symptoms once they start! It does <u>not</u> relieve symptoms now. It does not make you feel better today. It may take up to 4 weeks to feel the benefits.	My long-term control medicine is: Flovent Pulmicort QVAR Asmanex Alvesco Advair Symbicort Dulera I will take this medicine: _____
2. Quick-Relief	This medicine relaxes the muscles around the airways. This helps more air get to the lungs.	Take this medicine at the first sign of asthma symptoms. It will help you feel better now . This medicine might be prescribed for use <u>before</u> exercising or gym class.	This medicine does <u>not</u> prevent symptoms. It only relieves current symptoms. If you use this more than twice a week, you should talk to your doctor.	My quick-relief medicine is: (Albuterol) Ventolin Pro-Air Proventil Xopenex I will take this medicine: _____
3. Emergency	This medicine brings back control of serious asthma symptoms. It might take several hours to start working. It is taken as a pill or liquid.	Take this medicine only for serious symptoms. ONLY take this medicine for as long as your doctor tells you to.	This medicine can cause serious side effects in other parts of the body. If you need this medicine more than twice a year, you should talk to your doctor.	Examples of Oral Steroids: Prednisone Orapred Prelone Prednisolone