

YOUR ASTHMA MEDICINES

If you have asthma, you need to know the following:

- What kind of medicine am I taking?
- How am I supposed to take it?
- How does it help my asthma?
- What are the side effects?

There are two main kinds of medicines for asthma:

1. Long-Term Control Medicines help to prevent asthma symptoms and episodes. These medicines work slowly over many days to stop the swelling in the airways. Your Long-Term Control medicine should be taken every day as directed by your doctor even if you are feeling well.

2. Quick-Relief Medicines help to stop an asthma episode once it has already started. These medicines help to stop the tightness and open up your airways. Quick-Relief medicines do not prevent asthma symptoms from happening.

Asthma medicine comes in different forms: Your medicine may come in an inhaler, sometimes called a “pump” which is breathed directly into the lungs or you may breathe it in from a nebulizer machine.

Your medicine may also be a pill or syrup that you swallow.

Medicines that you breathe in cause fewer side effects because they go straight to the lungs. Pills and syrups first go through the stomach and into your bloodstream, eventually getting to the lungs.

Doctors prescribe different kinds of medicines for asthma. Not all medicines are the same, even if they come in the same kind of container. It is important for you to know the difference between your Long-Term Control Medicine, and your Quick-Relief Medicine.

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INFORMATION
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