

DO YOU KNOW ABOUT ASTHMA MEDICINES?

There are two types of asthma medicines:

Short-Acting Medicines

- These are often called quick-relief or rescue medicines. They stop an asthma attack after it starts.
- The most common are the short-acting beta-agonists (SABA), or bronchodilators that work by relaxing the muscles in your airway right away.
- These are used **only** as needed for instant relief of symptoms.
- They should always be available to you in case you have an asthma attack.

Long-Acting Medicines

- are often called control or long-acting medicines, since they work to keep your airway open all of the time.
- are taken daily to **prevent** the start of asthma attacks.
- do not give instant relief and should not be used for a severe asthma attack.
- can be
 - an anti-inflammatory or a corticosteroid medicine.
 - It works by reducing the swelling and mucus in the airway.
 - a bronchodilator or long-acting beta-agonist (LABA).
 - It works by relaxing the muscles in your airway for as long as 12 hours.
 - It should be used with another control medicine.
 - a combination medicine.
 - It contains both an inhaled long-acting bronchodilator and an inhaled corticosteroid.



There are many different brand names of these medicines. They come in forms like sprays, pills, powders, liquids, or shots.



When you take asthma medicines, you should:

- See your primary care provider (PCP) on a regular basis.
- Know what medicines you are on and when to take them.
- Take the medicines as directed by your doctor.
- Let your PCP know if your medicines do not work to control your asthma.
- Get medical care right away if your medicines do not work and you have trouble breathing.

**Asthma medicines can help you feel better and control your asthma.
Asthma does not have to prevent you from doing the things that
you want to do.**

To learn more about asthma, call Pam at 1-888-904-7526, extension 7504.