




Understanding Asthma Medicine and Treatment

The Three Types of Asthma Medicine	 What does it do?	 When do I take it?	 Be Careful!	Medicines:
1. Daily Preventive	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 will <u>not</u> stop asthma symptoms once they have started! It will <u>not</u> relieve symptoms today or make you feel better today!	My daily preventive medication is: Flovent Pulmicort Advair QVAR Singulair I will take this medication: _____
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 before exercising or gym class.	This medicine will <u>not</u> prevent symptoms. It will only relieve current symptoms. If you use this more than twice a week, you should talk to your doctor.	My quick relief medication is: (Albuterol) Ventolin Pro-Air Proventil Xopenex I will take this medication: _____
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 syrup.	This medicine should only be taken 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.	Steroids: Prednisone Oraped Prelone Prednisolone