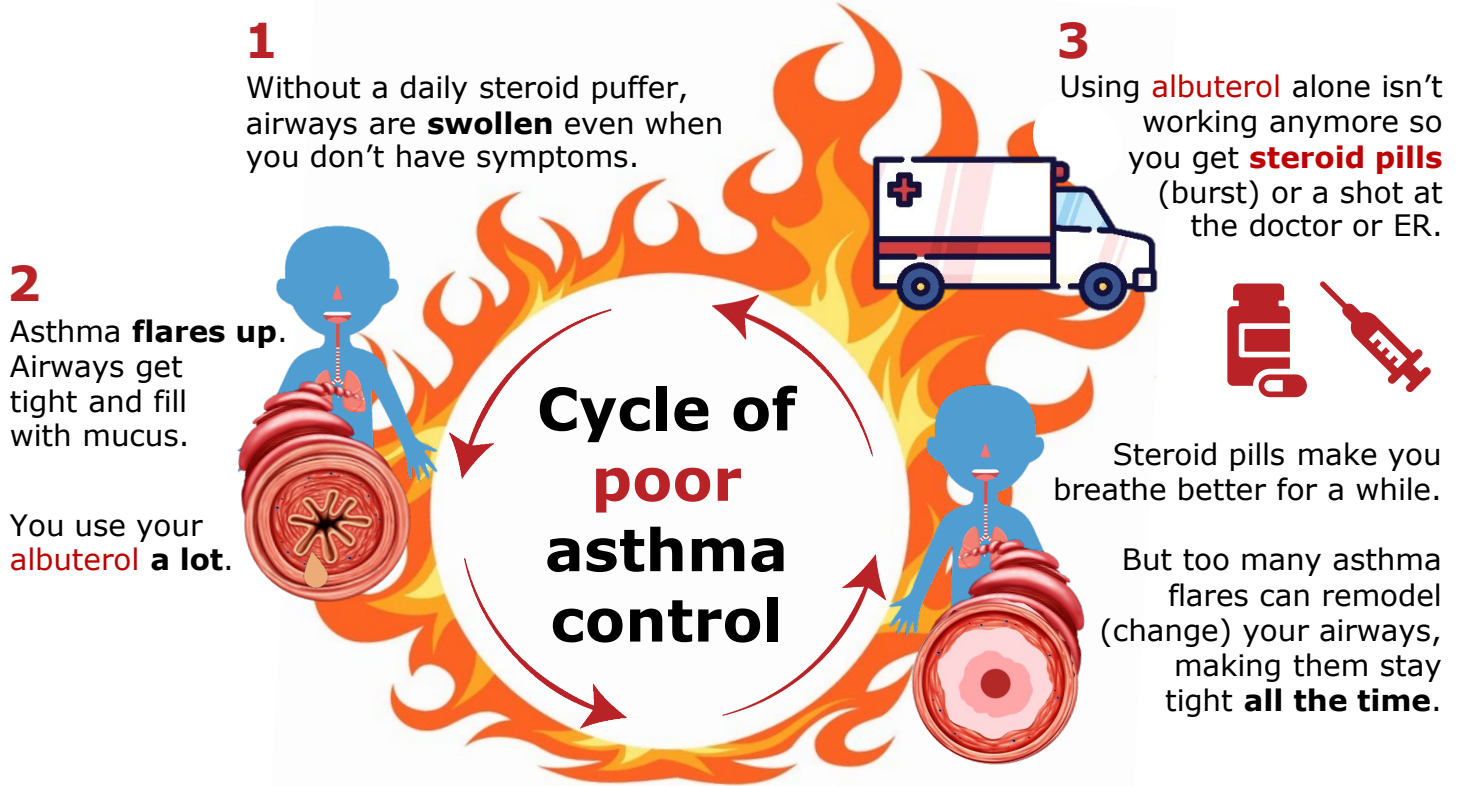


# Using Asthma Rescue Medicines Too Much Can Be Dangerous!

Asthma symptoms mostly come from inflammation (swelling) in the airways. Using rescue medicines like **albuterol** and **prednisone** or **decadron** too much can make asthma much worse in the long run.




**? How much is too much albuterol?** Using only albuterol (puffers or nebulizer) for **just 1-2 weeks** for asthma symptoms can start the cycle of poor asthma control.


✓ **Talk to your doctor** if you use albuterol **more than 3** times a week.

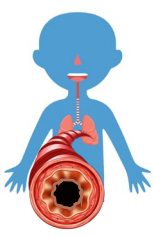
**? How many is too many steroid bursts?** Taking **4-5 bursts of steroid pills (prednisone) over a lifetime** increases your risk of diabetes, stroke, kidney trouble, heart trouble, broken bones and more diseases that can make your life shorter.

✓ **Talk to your doctor** if you needed **more than 2** steroid pill bursts in the past year.

 **Airway swelling and poor asthma control**

✓ Take an **inhaled steroid** puffer with your albuterol and use as you were told to by your doctor.

✓ Use a **spacer** with your puffers. 

 **Good Asthma Control**

- ✓ No asthma symptoms with sleep, play or being active.
- ✓ Airways are open and no swelling.

**Ask your doctor** about **new ways to treat asthma**

- Single Maintenance and Reliever Therapy (SMART)
- Anti-inflammatory Relievers (AIR)
- Biologics (shots for severe allergic asthma)