



Asthma Medications

Understanding Your Asthma

Effective asthma management helps you stay active and symptom-free by controlling inflammation, preventing attacks, and maintaining healthy lung function while minimizing side effects. When your asthma is well-controlled, you should be able to sleep, work, attend school, and participate in physical activities without difficulty breathing.

Studies show asthma management involves four key components: patient education, avoiding triggers, monitoring symptoms and lung function, and using the right medications.

2 Categories of Asthma Medications:

- **Controller Medications:** Used daily to reduce airway inflammation and prevent symptoms.
- **Rescue Medications:** Used when you have sudden asthma symptoms, but they do not control your asthma long-term.

Why You Need Controller Medications:

- **Prevents asthma attacks** by reducing airway swelling.
- **Decreases reliance on rescue inhalers**, helping you breathe better daily.
- **Lowers the risk of emergency visits and hospitalizations.**
- **Improves long-term lung health** and quality of life.

Stay on Track:

- **Take your controller inhaler every day, even if you feel fine.**
- **Use a reminder system** (alarms, apps, or notes) to avoid missed doses.
- **Track your inhaler use** and symptoms in an asthma diary.
- **Talk to your doctor** if you have side effects or trouble using your inhaler.
- **Know your Asthma Action Plan**, so you can manage symptoms early.

Important Reminder: If you rely on your rescue inhaler **more than 2x per week**, it may be a sign that your asthma is not well-controlled. Speak with your provider to adjust your treatment plan.

By following your prescribed medication routine, you can enjoy an active lifestyle and keep your asthma under control!



Asthma Inhaler Technique

Proper inhaler technique is essential for managing asthma effectively. Incorrect use can lead to poor medication delivery and uncontrolled symptoms. Using your inhaler correctly and consistently can improve your asthma control and help you breathe better every day!

Two Types of Inhalers and How to Use Them:

1. Metered-Dose Inhaler (MDI):

- Shake well before use.
- Breathe out completely.
- Hold the inhaler upright and place it in your mouth, sealing your lips around it.
- Press down on the inhaler and inhale deeply and slowly.
- Hold your breath for 10 seconds, then exhale slowly.
- Wait 30-60 seconds before taking another puff if needed.
- Rinse your mouth after using inhaled corticosteroids to prevent thrush.

2. Dry Powder Inhaler (DPI):

- Do not shake.
- Load the dose as directed.
- Breathe out fully away from the inhaler.
- Seal lips around the mouthpiece and inhale quickly and deeply.
- Hold breath for 10 seconds, then exhale slowly.
- Rinse your mouth after using inhaled corticosteroids to prevent thrush.

Common Mistakes to Avoid:

- Not shaking the inhaler (for MDIs).
- Inhaling too quickly or too slowly.
- Not holding breath after inhalation.
- Not using a spacer (if recommended for MDIs).
- Overusing rescue inhalers instead of daily controllers.

The Risks of Overusing Rescue Inhalers:

- Frequent use indicates poor asthma control.
- Overuse can cause rapid heartbeat, jitteriness, and decreased effectiveness.
- Can lead to more severe asthma attacks over time.

What to Do If You're Using Your Rescue Inhaler Too Often:

- Talk to your doctor about adjusting your controller medication.
- Keep a symptom diary to track your inhaler use.
- Follow your Asthma Action Plan to manage worsening symptoms.