

WHAT ASTHMA MEDICINE DOES

Sometimes you may take asthma medicine as a pill



Sometime you make take asthma medicine from a spoon or cup



Sometimes asthma medicines are in inhalers

And other times asthma medicines are liquids used in a breathing machine called a nebulizer



Asthma medicines work in different ways to help control asthma. Some people may have to use more than one kind of medicine and some may need only one kind and some just need medicine once in a while. There are two types of asthma medicines:

Long-term controller medicine works to keep you breathing easy and stop asthma symptoms (or signals or attacks) from starting. Some people need to take these medicines every day.

Quick relief medicines or rescue medicines are used when you feel your asthma acting up and you can't breathe or when your peak flow meter reading is low (in the yellow or red zone). They work fast and stop your asthma from acting up by opening the airways and relaxing the muscles around the airways so you can breathe again. Everyone with asthma needs to have a quick relief or rescue inhaler but they don't have to use it every day.

Some people use quick-relief or rescue medicines too much. Maybe your doctor will tell you to use your rescue inhaler BEFORE you start to exercise, play hard, do sports, or when the weather gets stormy or when there is a lot of pollen in the air. This will keep your asthma from acting up and let you breathe better. But if your asthma acts up a lot and you need to use your rescue inhaler more than two times a week, you should tell your parents, the school nurse or your doctor. You may need to change your medicine or take a controller medicine too. Never use more medicine than your asthma plan tells you to do. That can make you sick. And never share your asthma medicines with anyone else. It can make them sick. Learn how to use your inhaler the right way, too, so the medicine will work.



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