About Asthma

Asthma Medications

Medications are important to control your asthma.

Some medications are taken daily to control inflammation and others are taken to relieve symptoms.

Long term

1. Control medications (anti-inflammatory) reduce inflammation and swelling in the airways.
2. These medications may be taken on a daily basis to reduce symptoms and asthma episodes (attacks).

Quick relief medications (bronchodilators):

1. Relax the muscles around your airways to relieve symptoms such as coughing, wheezing and shortness of breath.
2. These medications should be used at the first sign of a symptom and for asthma episodes (attack).
3. If you need to use this medication more than two times in a week, except for exercise, your asthma may not be controlled. Talk to your healthcare provider.

Be sure to follow your asthma treatment plan and take all your medications as prescribed.

If you have any questions, talk to your health care provider.