

Medicines for Asthma

There are 2 main types of medicine for asthma.

Daily preventive asthma medicine

- Take it every day, even when you feel fine
 - Take it as directed by your healthcare provider
- Helps prevent asthma symptoms
- Often taken using an inhaler or as pills
- Do not use for sudden symptoms

Tip: Try to take it at the same time each day.



Rescue medicine

- Everyone with asthma needs a rescue medicine, such as a rescue inhaler
- Take your rescue inhaler when you have sudden asthma symptoms
- Helps open your airways when you have symptoms
- Talk with your provider if you use a rescue inhaler more than 2 days a week

Tip: Keep your rescue inhaler with you at all times.

Steroids for asthma

- Steroids for asthma are NOT the same as the steroids used to build muscle
 - Steroids used for asthma are called corticosteroids
 - Steroids used to build muscle are called anabolic steroids
- Steroids for asthma are often taken as an inhaler
- If asthma is severe, steroid pills or liquids may be taken for a short time

Talk with your provider about your asthma and medicines at each visit.

