

# Understanding Asthma Medications

Most people with asthma have two types of medications: Long-term control and quick relief.

## Long-Term Control Medications:

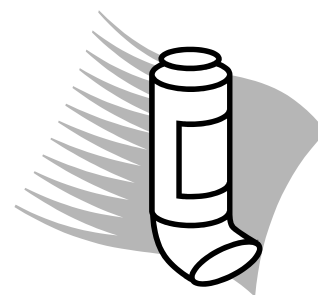
Long-term control medications ARE USED DAILY to maintain control of asthma and prevent asthma symptoms. Long-term control medications work on reducing the swelling, inflammation, and mucus on the INSIDE of your bronchial tubes. You need to take these medications to prevent asthma symptoms even when you feel fine.

Types of Medications	Examples of Medications
Long-acting Bronchodilators	Inhaled: salmeterol (Serevent) Swallowed: theophylline (Slo-bid, Slo-Phyllin, Somophyllin, Theo-Dur, Uniphyll)
Corticosteroids	Inhaled: beclomethasone (Beclivent, Vanceril, QVAR); triamcinolone (Azmacort); fluticasone (Flovent); budesonide (Pulmicort) Swallowed: prednisone (Deltasone); methylprednisolone (Medrol); prednisone (Prelone, Pediapred)
Other Anti-inflammatories	Inhaled: cromolyn (Intal); nedocromil (Tilade)
Leukotriene Modifiers	Swallowed: zafirlukast (Accolate); zileuton (Zyflo); montelukast (Singulair)

\*Some medications need a spacer, check with your healthcare provider.

## Quick relief medications:

Short acting medications WORK QUICKLY to relieve asthma symptoms. Bronchodilators relax the muscles on the OUTSIDE of the bronchial tubes, so they can open more fully and air can flow more freely. Short acting bronchodilators relax the airways smooth muscle and cause a prompt increase in airflow (within 5-10 minutes). Quick relief medications can be taken during an asthma episode or as prevention before exercise or known exposure to a trigger.



Types of medications	Examples of Medications
Short-Acting Bronchodilators	Inhaled: albuterol (Ventolin, Proventil); terbutaline (Brethaire); metaproterenol (Alupent, Metaprel); bitolterol (Tornalate); pirbuterol (Maxair); ipratropium plus albuterol (Combivent)
Anticholinergics (not to be used alone for quick relief)	Inhaled: ipratropium (Atrovent)

\*With Metered Dose Inhaler, use a spacer when possible.