



What you need to know about...

Asthma Medicines

There are two main types of medicines used to treat asthma: Controller Medicines and Reliever Medicines (also known as Quick Relief or Rescue medications). It is important for you to understand how these medicines work and what part of asthma they are treating.

It is always important to tell your healthcare provider about any problems you have with your medicines.

CONTROLLER MEDICINES

Not everyone with asthma is prescribed a controller medicine for their asthma. Your healthcare provider may prescribe this type of medicine to prevent frequent symptoms. Symptoms begin way before you can feel them. Inflammation happens inside your airways and may be the cause of some of your asthma symptoms.

Key points to remember

- Controller medicines need to be taken everyday even when you feel well.
- Controller medications will not provide relief during an asthma episode.

Possible side effects: Hoarse voice, thrush (yeast infection in your mouth) this can be avoided if you rinse your mouth after using some controller medicines.

RELIEVER MEDICINES

Everyone with asthma needs a reliever medicine to use when your asthma symptoms start. It is important to know which of your medications your reliever inhaler is.

Key points to remember

- This medicine should be carried with you at all times.

Possible side effects: shaky hands, racing heart, jittery feeling, these symptoms usually last 15-30 minutes.

