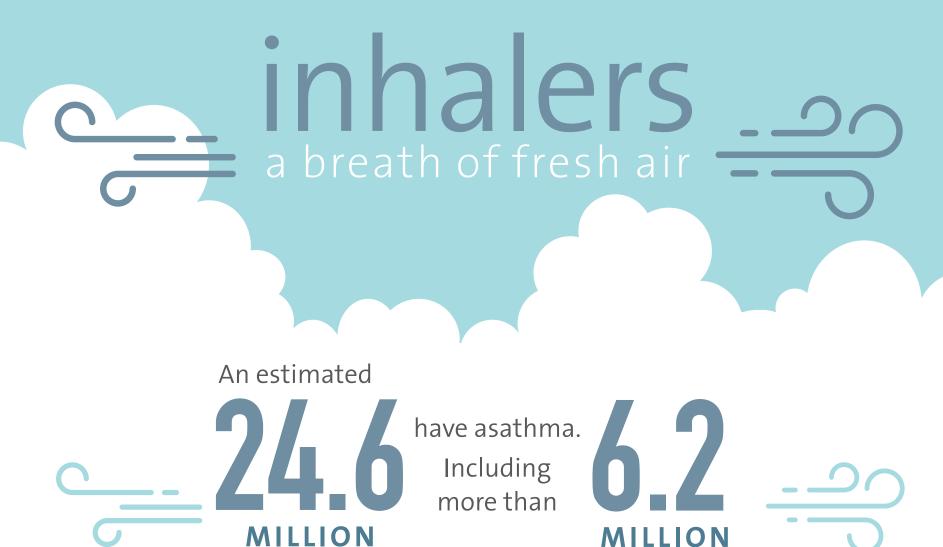
ASTHMA IS A LIFELONG DISEASE THAT IS CAUSED BY THE INFLAMMATION



Most people control their symptoms and prevent attacks by correctly using prescribed medicines, including inhalers. Inhalers are the most effective way to deliver medication to the

CHILDEREN.

WHAT ARE THE DIFFERENT TYPES **OF INHALERS?** 

PEOPLE.

lungs and help control asthma.

**SHORT-ACTING BETA 2 AGONISTS** (SABAS) INHALERS Bronchodilators that provide rapid relief of asthma symptoms by relaxing the small airways.



#### LONG-TERM CONTROL INHALERS

Inhaled corticosteroids (ICSs) are antiinflammatory drugs that reduce airway swelling and prevent excess mucus production for long-term control of asthma.



#### **COMBINATION INHALERS**

Some inhalers contain a combination of medications to help people with asthma control their symptoms. This combines long-acting beta 2-agonist (LABA) with inhaled corticosteroids. ICS and LABA inhalers reduce inflammation and keep the airways relaxed for a long-term asthma control.

# **GET TRAINED IN HOW TO USE IT**

Newly diagnosed asthma patients should make sure they are properly trained in how to use an inhaler. Improper use will result in ineffective medication delivery.

## **GET ORGANIZED BEFORE YOU GET STARTED**

Individuals may be prescribed more than one inhaler at a time. It's important to understand which one is used in what circumstance and not to get them confused.

# **BE MINDFUL OF HOW**

### **OFTEN YOU USE IT**

Patients using rescue inhalers more than three or four times a week may need to have the severity of their asthma assessed by their physician.



