

Are your asthma medicines working?

Did you...

- + Need your quick-relief inhaler more than 2 days during the past week?
- + Wake during the night with asthma symptoms more than 2 times during the past month?
- + Miss work, school or other activities because of your asthma?

If you answered YES to any of these questions, talk to your doctor. Your asthma may not be under control. Your doctor may need to adjust your dose or change your medicine.

Most people with asthma do not have to limit their activities. Most people with asthma can live without symptoms.

The goal of asthma control is not just to treat your symptoms. The goal is to PREVENT symptoms before they start.

If you have questions or want to learn more about asthma, please call a Breathe Easy nurse at 888.559.1010.



*Breathe
easy*

FirstChoice
by Select Health of South Carolina
Your Hometown Health Plan

South Carolina
HealthyConnections



POWER overasthma



Asthma medicines:
What you should
know about them!

There are 2 main types of asthma medicines:

- + **Controller medicines**, like Pulmicort, Advair and Flovent.
- + **Quick-relief (rescue) medicines**, like Albuterol and Ventolin.

Controller medicines:

- + Controller medicines do not work quickly. They work over time to reduce the swelling and mucus in the airway. This makes the airway less sensitive and helps to prevent an asthma attack.
- + Controller medicines will not help during an asthma attack. They can take 2 to 4 weeks to work.
- + For controller medicines to work, you must take them every day, even when you feel fine and are breathing easily.
- + Controller medicines let people with asthma live without symptoms.



Quick-relief or rescue medicines:

- + Just like their name sounds, these medicines give you quick relief from asthma symptoms.
- + These are the medicines (inhalers or nebulizer treatments) you use during an asthma attack.
- + Quick-relief medicines relax the tight muscles around your airways so you can breathe more easily.
- + These medicines work within 5 to 15 minutes to help ease your symptoms.

Use your quick-relief medicines at the first sign of a flare-up:

- + Usual signs of a flare-up are:

- * coughing
- * wheezing
- * chest tightness
- * shortness of breath



- + If you don't feel relief, you may need to repeat the dose and call your doctor.
- + Do you have an asthma action plan? If you don't, talk with your doctor. This plan will help you know what to do during an asthma attack.

Have your quick-relief inhaler with you at all times!

- + If your child has asthma, he or she should have rescue medicine at school.
- + First Choice will pay for a second inhaler and spacer to have at school. Make sure someone at the school knows how and when to use your child's rescue medicine.
- + Give your child's school a copy of your child's asthma action plan. It will tell them when to give certain medicines and who to call for medical care.
- + Ask your child's school to tell you how often your child has to use his or her rescue medicine.
- + If your young child only uses nebulizer treatments, ask your doctor if he or she needs an inhaler for emergencies away from home.

