



**Texas Children's<sup>®</sup>  
Health Plan**



# Asthma Quick Guide

**CHIP 866-959-6555  
STAR 866-959-2555  
STAR Kids 800-659-5764  
[texaschildrenshealthplan.org](http://texaschildrenshealthplan.org)**

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-959-2555 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-959-2555 (TTY: 711).

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# Types of Inhalers

## Inhaled Corticosteroids

This is your long-term “controller” medication. It stops asthma attacks before they happen! Use it every day to keep your airways healthy, even if you don’t have symptoms.

### QVAR Redihaler®

beclomethasone dipropionate  
40 mcg or 80 mcg



### Alvesco®

ciclesonide  
80 mcg or 160 mcg



### Asmanex® HFA

mometasone furoate  
100 mcg or 200 mcg



### Asmanex® Twisthaler

mometasone furoate  
110 mcg or 220 mcg



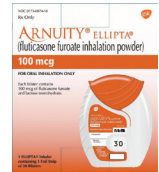
### Pulmicort Flexhaler®

budesonide  
90 mcg or 180 mcg



### Arnuity Ellipta®

fluticasone furoate  
50 mcg, 100 mcg, or 200 mcg



### Flovent HFA®

fluticasone propionate  
44 mcg, 110 mcg, or 220 mcg



### Flovent Diskus®

fluticasone propionate  
50 mcg, 100 mcg, or 250 mcg



Ask your doctor to make sure you know which of your inhalers is the controller medication.

# Types of Inhalers

## Combination

Combination inhalers for asthma contain two different types of medication. They are also used as “controller” inhalers. Use them every day, even if you don’t feel sick.

### Symbicort®

budesonide/formoterol  
80/4.5 or 160/4.5



### Breo Ellipta®

fluticasone/vilanterol  
100/25 or 200/25



### Dulera®

mometasone/formoterol  
100/5 or 200/5



### Advair® HFA

fluticasone/salmeterol  
45/21, 115/21, or 230/21



### Airduo® Respiclick®

fluticasone/salmeterol  
55/14, 113/14, or 232/14



### Advair® Diskus

fluticasone/salmeterol  
100/50, 250/50, or 500/50

Ask your doctor to make sure you know which of your inhalers is the controller medication.

# Types of Inhalers

## Short-Acting Beta-Agonists

Short-acting beta-agonists or SABAs are used as “rescue” inhalers. Use these for fast relief of symptoms like coughing, wheezing, or shortness of breath. Have this inhaler with you at all times!

### ProAir RespiClick® albuterol sulfate



### ProAir HFA® albuterol sulfate



### Proventil® HFA albuterol sulfate



### Xopenex® HFA levalbuterol



### Ventolin® HFA albuterol sulfate



Ask your doctor to make sure you know which of your inhalers is the rescue medication.

# How to use your inhaler correctly



## TOP 5 DO'S

- ✓ **Stand or sit up straight when you inhale**
- ✓ **Hold your breath for 10 seconds after you breathe in OR – if using spacer with mask, take 6 to 8 breaths in and out through the spacer device**
- ✓ **Label your inhalers as “controller” or “reliever”**
- ✓ **Have an Asthma Action Plan ready**
- ✓ **Ask your doctor if you are unsure about anything**

## DONT'S

- ✗ **Do not blow into the inhaler**
- ✗ **Do not put water into your inhaler to clean it**
- ✗ **Do not inhale through your nose when using an inhaler via mouthpiece\***

**\*Note: When used with a mask, most infants/toddlers will inhale via their nose.**

# What can cause an asthma attack?

## Allergens

Only a problem if you are allergic to them

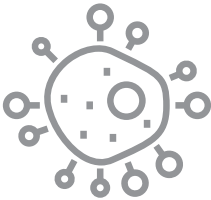
### Pollen



### Pets



### Mold



### Dust



## Irritants

Problems for everyone with asthma

### Smoke



### Air Pollution



### Strong smelling chemicals



# Know the symptoms of an **asthma attack**

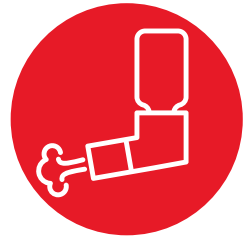
## What could an asthma attack feel like?

- Chest tightness or pain
- Coughing or wheezing
- Shortness of breath



## What are signs your asthma is not controlled?

- You have symptoms more than two days per week
- Your asthma wakes you up more than two nights per month
- You have to refill your quick-relief inhaler more than twice per year
- If you are having frequent mild symptoms the chance of a severe asthma attack is higher



## When should you seek emergency treatment?

- You are breathing fast or hard
- You can't say more than a few words at a time
- Your lips or fingers are turning blue or gray





# Tips to stick to **your treatment plan**

## **Be prepared**

- Bring your quick-relief inhaler with you wherever you go
- Keep your controller medication where you always remember to use it, like next to your toothbrush
- Refill your inhaler so you don't run out of medicine



## **Set reminders**

- Try to use your controller inhaler at the same time each day
- You can use an alarm on your phone or even an app to remind you when to use your inhaler
- Ask for support from family and friends



## **Avoid triggers**

- Ask your doctor to help you find out what you are allergic to
- Do not allow smoking or vaping (use of electronic cigarettes) in your home
- For FREE help in stopping smoking or vaping call 1 800 QUIT NOW (1 800 784 8669)
- Do not use air fresheners or strong-smelling cleaning chemicals



## **Positive thinking**

- Make using your inhaler part of your regular routine, like brushing your teeth in the morning or eating breakfast
- Remember that using your inhaler correctly allows you to sleep better, go to school, and be active



# Goals of asthma care

## When asthma is controlled:

- You have no asthma symptoms. No cough. No wheezing. No chest tightness.
- You can run and play as hard as you want to.
- You are not having daytime or nighttime asthma attacks!
- You can't remember the last time you had to rush to the emergency room.



# Asthma

## Helpful resources

American Lung Association  
800-LUNG-USA (800-586-4872)  
[www.lungusa.org](http://www.lungusa.org)

Asthma and Allergy Foundation of America  
800-7-ASTHMA (800-727-8462)  
<http://aafa.org>

Centers for Disease Control and Prevention  
800-CDC-INFO (800-232-4636)  
[www.cdc.gov/asthma](http://www.cdc.gov/asthma)

*There are  
few restrictions  
on your life  
with asthma,  
as long as you  
take care  
of yourself.*

Jackie Joyner-Kersey  
Olympic Gold Medalist with asthma