



**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)**

MK-2008-098

# Table of Contents

<b>Types of Inhalers - Inhaled Corticosteroids</b>	<b>3</b>
<b>Types of Inhalers - Combination</b>	<b>4</b>
<b>Types of Inhalers - Short-Acting Beta-Agonists</b>	<b>5</b>
<b>How to use your inhaler correctly</b>	<b>6</b>
<b>What can cause an asthma attack?</b>	<b>7</b>
<b>Know the symptoms of an asthma attack</b>	<b>8</b>
<b>Tips to stick to your treatment plan</b>	<b>9</b>
<b>Goals of asthma care</b>	<b>10</b>
<b>Helpful resources</b>	<b>11</b>

Texas Children's Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Texas Children's Health Plan cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

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).

© 2020 Texas Children's Health Plan. All rights reserved. 08/20  
MK-2008-098

# 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



### Dulera®

mometasone/formoterol  
100/5 or 200/5



### Airduo® Respiclick®

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



### Breo Ellipta®

fluticasone/ ilanterol  
100/25 or 200/25



### Advair® HFA

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



### 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



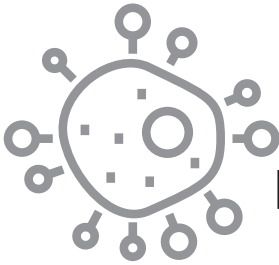
## TOP 5 DO'S

- ✓ **Stand or sit up straight when you inhale**
- ✓ **Hold your breath for 10 seconds after you breathe in**
- ✓ **Label your inhalers as “controller” or “reliever”**
- ✓ **Have an Asthma Action Plan ready**
- ✓ **Ask your doctor if you are unsure about anything**

## DONT'S

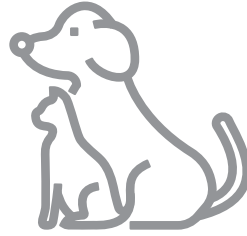
- ✗ **Do not blow into the inhaler**
- ✗ **Do not keep your inhaler in the bathroom**
- ✗ **Do not put water into your inhaler to clean it**
- ✗ **Do not use your controller inhaler for an asthma attack**
- ✗ **Do not inhale through your nose when using an inhaler**

# What can cause an asthma attack?



**Mold**

**Pets**



**Dust**



**Smoke**

**Air Pollution**



**Strong smelling chemicals**

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

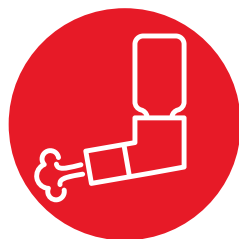
## **What could an asthma attack feel like?**

- 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 reliever 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 reliever 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**

- Keep your bedroom clean
- Don't open windows or let your pet sleep in bed with you
- Try to avoid smells that can make your asthma worse, like perfume, paint, or hair spray



## **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