Asthma Quick Guide

CHIP 866-959-6555
STAR 866-959-2555
STAR Kids 800-659-5764
texaschildrenshealthplan.org
# Table of Contents

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

- **Pulmicort Flexhaler**®
  - budesonide
  - 90 mcg or 180 mcg

- **Alvesco**®
  - ciclesonide
  - 80 mcg or 160 mcg

- **Asmanex**® HFA
  - fluticasone furoate
  - 100 mcg or 200 mcg

- **Arnuity Ellipta**®
  - fluticasone furoate
  - 50 mcg, 100 mcg, or 200 mcg

- **Asmanex**® Twisthaler
  - fluticasone furoate
  - 110 mcg or 220 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/vilanterol
  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 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

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

Jackie Joyner-Kersee
Olympic Gold Medalist