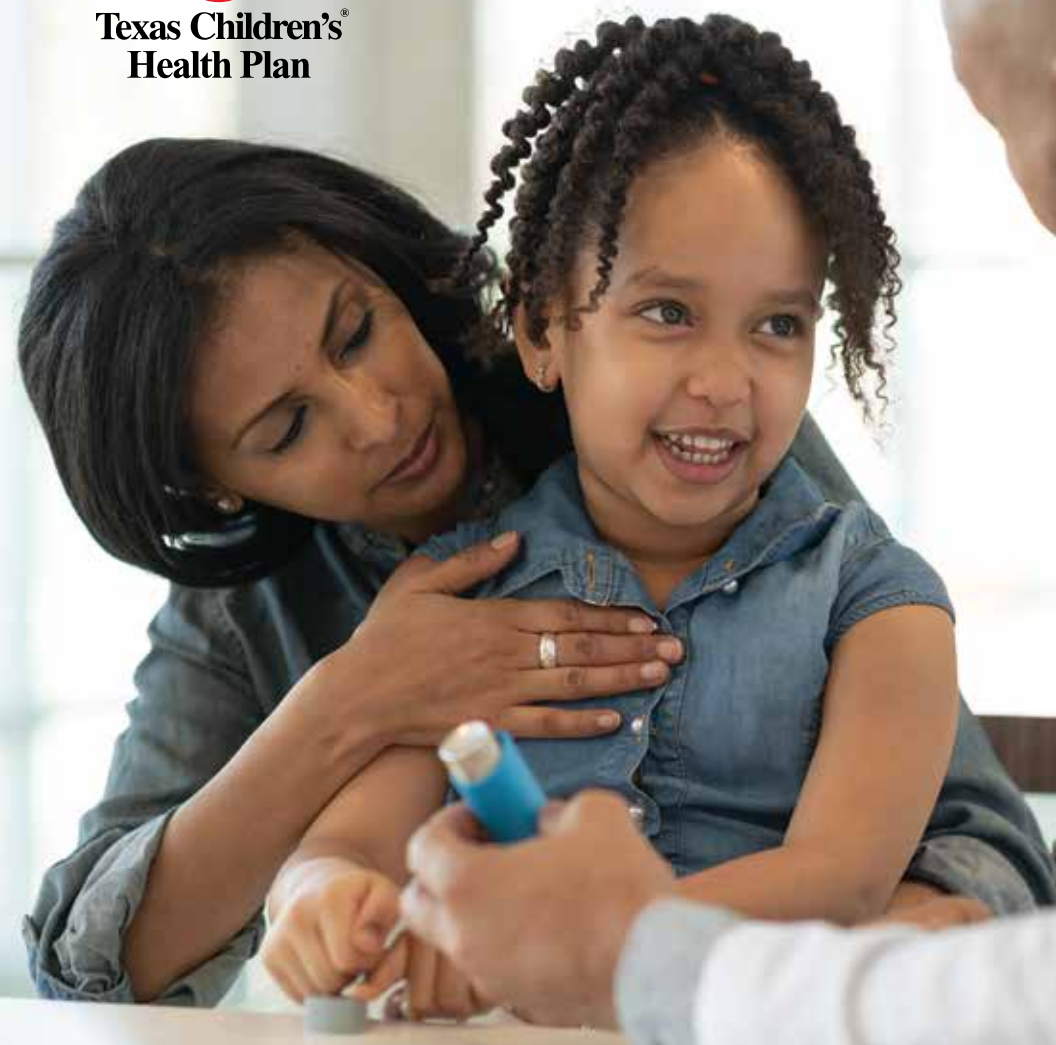




**Texas Children's[®]
Health Plan**



Asthma Quick Guide

CHIP 866-959-6555
STAR 866-959-2555
STAR Kids 800-659-5764
texaschildrenshealthplan.org

MK-2008-098

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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



Xopenex® HFA
levalbuterol



ProAir HFA®
albuterol sulfate



Ventolin® HFA
albuterol sulfate



Proventil® 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

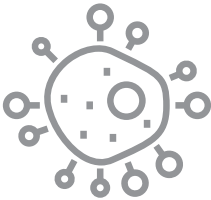
Pollen



Pets



Mold



Dust



Irritants

Problems for everyone with asthma

Smoke



Air Pollution



Strong smelling chemicals



Know the symptoms of an **asthma attack**

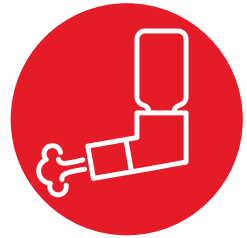
What could an asthma attack feel like?

- 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 I 800 QUIT NOW (I 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-Kersey
Olympic Gold Medalist