

## Asthma Medications

There are two types of medications used to treat asthma: bronchodilators and anti-inflammatories.

**Bronchodilators (Quick Relievers or Rescuers):** relax and open the airways during an asthma attack so your child can breathe easier. Short-acting bronchodilators quickly open the airway to relieve asthma symptoms. They are most commonly used as an inhaler or nebulizer. Albuterol is an example of a bronchodilator. You may recognize this medication as Pro-Air, Ventolin, or Proventil.

**Anti-inflammatories (controllers):** These are used as daily maintenance medications. These medications help reduce or prevent the swelling and inflammation in your child's airway making it easier to breathe. They are usually given through an inhaler. Anti-inflammatories:

- are the most important medication used to **prevent** asthma symptoms.
- must be used every day on a regular schedule to work well.
- are generally prescribed when your child's asthma symptoms occur more than one or two times per week.

Examples of controller medications are Flovent, Pulmicort, QVAR, and Asmanex.

**Other Medications:** There are other kinds of medications the doctor may prescribe to help prevent asthma attacks. These include:

- Antihistamines for allergies.
- Nasal Steroids for allergies or sinus problems.
- Acid reducing medications for heartburn or reflux.
- Leukotriene Inhibitors (Singulair) for allergies and asthma.