

Why is My Doctor Prescribing A Daily, Inhaled, Anti-inflammatory Medication?

To Help Prevent

- Taken daily, inhaled anti-inflammatory medication reduces inflammation in your lungs
- Reducing inflammation helps prevent symptoms such as coughing and wheezing

To Help Protect

- People with controlled asthma are not as likely to have acute attacks or go to the ER
- Using an inhaled corticosteroid helps control your asthma symptoms and helps protect your lungs from permanent scarring that may occur due to chronic airway inflammation

To Help Control Your Asthma

Taking your inhaled anti-inflammatory medication daily, helps:

- Provide more asthma symptom-free days
- Reduce use of rescue-inhalers (quick-relief inhalers)
- Reduce your nighttime asthma symptoms and awakenings
- Increase your ability to breathe easier
- Improve your ability to lead an active, normal life

Is My Asthma Well-Controlled?

Ask yourself these five questions...

- ☛ Have I visited the ER or hospital in the past year because of my asthma?
- ☛ Do I use my rescue-inhaler more than twice a week?
- ☛ Have I found myself coughing or breathless at night or in the morning?
- ☛ Do I limit my activities or miss work/school because of my asthma?
- ☛ Have I received a prescription for oral prednisone, for my asthma, more than once in the past year?

If you answered YES to **ANY** of these questions, adding a daily inhaled anti-inflammatory may help you gain better control of your asthma symptoms. Please talk to your doctor. You may need daily inhaled anti-inflammatory medication to treat the underlying cause of your asthma symptoms.
