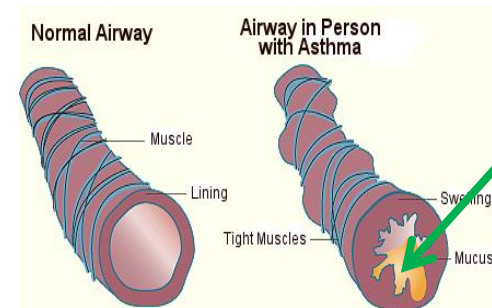


## Long Term Medicines-Controller

- Long term medicines keep asthma under control by reducing redness and swelling in your airways
- They help prevent cough, wheeze and shortness of breath
- Not used for quick relief
- These medicines take longer to work- up to 2 weeks
- Use everyday as prescribed by your provider, even if you have no symptoms (cough, wheezing, shortness of breath)
- Don't stop using these medicines until your provider tells you to stop them
- Body does not become addicted or dependent on them

These Medicines Help Keep Your Asthma Under Control



Controller Medicines Reduce the Swelling in the Airways

## Long Term Medicines

Beclomethasone HFA (**QVAR**)

Fluticasone (**Flovent HFA, Flovent Diskus, Arnutiy Ellipta**)

Mometasone (**Asmanex HFA, Asmanex Twisthaler**)

Budesonide (**Pulmicort**)

Fluticasone + Salmeterol (**Advair Diskus**)

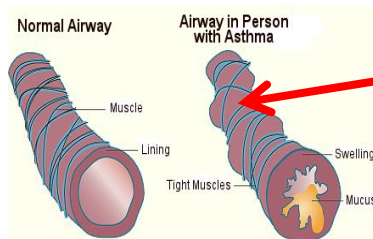
Fluticasone + vilanterol (**Breo Ellipta**)

Montelukast (**Singulair**)



## Quick Relief Medicines-Rescue

- Quick relief medicines help relax the muscles around the airways
- They work quickly and last only for a short time
- Quick relief medications do NOT treat the swelling in the lungs
- These are your “everywhere medicines”



Quick Relief Medicines Relax the Muscles Around the Airways

These Medicines Help When Asthma Is Acting Up

When to use Quick Relief Medicines :

- Coughing
- Wheezing
- Chest Tightness
- Shortness of Breath
- Sometime Used Before Exercise



### Quick Relief Medicines

Albuterol (*ProAir HFA, ProAir RespiClick, Proventil HFA, Ventolin HFA*) Levalbuterol (*Xopenex, Xopenex HFA*)



If you are using your rescue inhaler more than 2 times a week during the day or more than 2 times a month at night, let your doctor know right away!