

ASTHMA IS A LIFELONG DISEASE THAT IS CAUSED BY THE INFLAMMATION OF A PERSON'S BRONCHIAL TUBES. IT CAN CAUSE BREATHLESSNESS, CHEST TIGHTNESS, AND COUGHING AND WHEEZING

# inhalers

a breath of fresh air

An estimated

**24.6**

**MILLION  
PEOPLE,**

have asthma.

Including  
more than

**6.2**

**MILLION  
CHILDREN.**



Most people control their symptoms and prevent attacks by correctly using prescribed medicines, including inhalers. Inhalers are the most effective way to deliver medication to the lungs and help control asthma.

## WHAT ARE THE DIFFERENT TYPES OF INHALERS?



### SHORT-ACTING BETA 2 AGONISTS (SABAS) INHALERS

Bronchodilators that provide rapid relief of asthma symptoms by relaxing the small airways.



### LONG-TERM CONTROL INHALERS

Inhaled corticosteroids (ICSs) are anti-inflammatory drugs that reduce airway swelling and prevent excess mucus production for long-term control of asthma.



### COMBINATION INHALERS

Some inhalers contain a combination of medications to help people with asthma control their symptoms. This combines long-acting beta 2-agonist (LABA) with inhaled corticosteroids. ICS and LABA inhalers reduce inflammation and keep the airways relaxed for a long-term asthma control.

**1.**

#### GET TRAINED IN HOW TO USE IT

Newly diagnosed asthma patients should make sure they are properly trained in how to use an inhaler. Improper use will result in ineffective medication delivery.

**2.**

#### GET ORGANIZED BEFORE YOU GET STARTED

Individuals may be prescribed more than one inhaler at a time. It's important to understand which one is used in what circumstance and not to get them confused.

**3.**

#### BE MINDFUL OF HOW OFTEN YOU USE IT

Patients using rescue inhalers more than three or four times a week may need to have the severity of their asthma assessed by their physician.

For more information on inhalers, visit [premierhealth.com/your-health](https://www.premierhealth.com/your-health).