

# Asthma Medicines

There are two main types of medicines for treating asthma. They are called **Quick-Relief (Rescue) Medicines** and **Controller Medicines**.

## Quick-Relief Medicines

Everyone with asthma needs a quick-acting inhaler. A quick-acting medicine:

- Works very quickly to make it easier for you to breathe
  - Helps to open your airways
- Should be used as directed by your doctor



A Metered-Dose  
Asthma Inhaler

## Controller Medicines

Most people with asthma also need one or more controller medicines.

- Some controller medicines help reduce the swelling inside the airways.
- Other controller medicines help relax the muscles that squeeze the airways.

Controller medicines:

- May reduce the number of flare-ups and help you control your symptoms.
- Are taken each day, as directed by your doctor. Take them even when you feel fine.

## Tips:

- Keep your quick-relief inhaler with you at all times.
- Develop an Asthma Action Plan with your doctor at your next visit. It will:
  - Tell you when and how to take each medicine
  - Have instructions on when to seek help or call your doctor
  - Help you manage your asthma from day to day