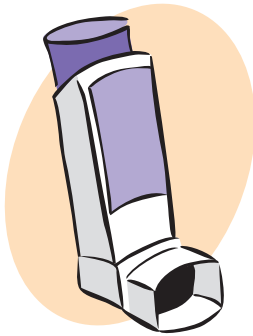


Steroids and Asthma

During an asthma flare-up, your airways swell and fill with mucus. You can help control flare-ups by using steroid medicines as directed by your doctor.

Two kinds of steroids are used to treat asthma:

- 1) **Inhaled steroids** are breathed in through the mouth.
- 2) **Oral steroids** are taken as a pill or liquid.



Inhaled steroid medicines

- Help reduce swelling in the airways.
- Help reduce coughing and wheezing.
- Are used every day as directed by your doctor.
- Go straight into the airways of the lungs.
They help prevent asthma flare-ups.

Oral steroid medicines

- Are used to treat some asthma flare-ups.
- Are also used every day to treat some of the most severe asthma cases.

The steroids used to treat asthma are NOT the same steroids that some people take to build muscles.

Notes: