



INHALED CORTICOSTEROIDS

Your partners
in asthma management

Long-Term Controller Medicines

Common medicine names: QVAR®, Flovent®, Pulmicort®

Because airways can be inflamed even in between flare-ups, controller medications might be needed to prevent unexpected asthma flare-ups. Controller medicines can take days to weeks to start working, but when they do, they prevent and reduce airway swelling (inflammation) and keep the lungs from making too much mucus.

There are a variety of controller medications, but inhaled corticosteroids are most common and the preferred long-term treatment for asthma control. They are usually given through an inhaler or nebulizer. Despite their name, corticosteroids are not the same as performance-enhancing steroids. They are a safe and proven form of treatment for asthma. In fact, inhaled corticosteroids are the preferred long-term treatment for kids with frequent asthma symptoms.

Even if your child takes controller medicine regularly, rescue medications are still needed to handle flare-ups when they occur.

Important things to remember

- These medications take time to build up in the lungs and must be taken EVERY DAY to be effective.
- It may take up to 4-6 weeks before seeing improvement.
- This is not to be used as a rescue inhaler to relieve acute asthma symptoms, including: coughing, wheezing, chest tightness and shortness of breath.

