

#3 UNDERSTANDING ASTHMA TREATMENT

— Why Different Medications Have Different Jobs —

Asthma treatment isn't the same for everyone. Some people only need medication occasionally, while others need daily treatment to keep inflammation under control. Understanding why different medications are used can help you take them correctly and know what to expect.



RESCUE RELIEF

Quick relief when you need it

- ✓ Works quickly
- ✓ Opens the airways
- ✓ Used when symptoms occur
- ✓ Does NOT treat underlying inflammation

QUICK RELIEF

VS.



LONG-TERM CONTROL

Daily treatment to stay well

- ✓ Used every day
- ✓ Reduces airway inflammation
- ✓ Helps prevent symptoms and flare-ups
- ✓ Doesn't provide immediate relief

LONG-TERM PREVENTION

WHY DAILY MEDICINES MATTER

Asthma is an inflammation of your airways. Daily controller medication calms that inflammation, even when you feel fine.

WITHOUT CONTROLLER MEDICATION



- ✗ Airways stay inflamed
- ✗ More symptoms
- ✗ More flare-ups
- ✗ Greater risk of asthma attacks

WITH CONTROLLER MEDICATION



- ✓ Airways stay calmer
- ✓ Fewer symptoms
- ✓ Fewer flare-ups
- ✓ Better breathing over time

MORE THAN JUST INHALERS

Depending on your asthma and how well controlled it is, treatment may include:



Rescue inhalers (quick relief)



Daily controller inhalers (reduce inflammation)



Combination inhalers (both relief and control)



Nebulizer treatments (for flare-ups or ongoing care)



Allergy medications (oral or nasal)



Biologic injections (for severe asthma)

A GOOD RULE OF THUMB



Using your rescue inhaler more than 2–3 times each week?

That usually means your asthma may not be as well controlled as it could be.

If you're reaching for your rescue inhaler more than 2–3 times per week (other than before exercise, if prescribed), it's time to schedule a conversation with me.



We may need to discuss adding or adjusting a daily controller medication to better control the underlying inflammation.



Karen's Perspective

“One of the biggest misunderstandings I see is patients stopping their daily controller medication because they're feeling better. Often, they're feeling better because the medication is working. Understanding the purpose of each medication helps you get the best results from your treatment.”

— Karen

QUESTIONS FOR KAREN



Which medication is my rescue inhaler?



Why do I need a daily controller medication?



What should I do if my medication doesn't seem to be helping?

QUESTIONS ABOUT THIS TOPIC?

Karen's Corner

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Have a question after reading this Field Note? Send it to Karen's Corner. Your question may even inspire a future educational resource.

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