

## Appropriate Use of Medications to Control Asthma



Asthma is different for each person and symptoms can change over time. The doctor will determine the medicine that will be best for you. If asthma symptoms occur only occasionally, you will be given medicine for short periods, but if occur more often, you may need maintenance medications. Sometimes it will be necessary to use several medications at the same time to control and prevent symptoms. There are two groups of asthma medications classified as follows: quick-relief or rescue medications, and maintenance medications.

### Types of asthma medications

Category	Purpose	Medicines
<b>Medications for long-term asthma control (maintenance medications)</b>	<p>They are used regularly to control chronic symptoms and prevent asthma attacks.</p> <p>They are the most important type of treatment for most people with asthma.</p>	<ul style="list-style-type: none"> <li>Inhaled corticosteroids</li> <li>Leukotriene modifiers</li> <li>Long-acting beta agonists (LABAs)</li> <li>Theophylline</li> <li>Combination inhalers that contain both a corticosteroid and a LABA</li> </ul>
<b>Quick-relief medications (rescue medications)</b>	<p>Used as needed for quick, short-term relief of symptoms.</p> <p>Used to prevent or treat an asthma attack.</p>	<ul style="list-style-type: none"> <li>Short-acting beta agonists such as albuterol</li> <li>Ipratropium (Atrovent)</li> <li>Oral and intravenous corticosteroids (for severe asthma attacks)</li> </ul>
<b>Medications for allergy-induced asthma</b>	<p>They are used regularly or as needed to reduce the body's sensitivity to a particular allergy-causing substance (allergen).</p>	<ul style="list-style-type: none"> <li>Allergy shots (immunotherapy)</li> <li>Anti-allergy</li> </ul>
<b>Biologics</b>	<p>They are used together with controller medications to stop the underlying biological responses that cause inflammation in the lungs.</p> <p>Used to better control severe asthma symptoms.</p>	<ul style="list-style-type: none"> <li>Omalizumab (Xolair)</li> <li>Mepolizumab (Nucala)</li> <li>Benralizumab (Fasenra)</li> <li>Reslizumab (Cinqair)</li> </ul>

<https://www.mayoclinic.org/es-es/diseases-conditions/asthma/in-depth/asthma-medications/art-20045557>

**You should continue to perform the following steps:**

- Follow your asthma action plan, such as:
  - Use all your asthma medications as prescribed, don't make changes to your treatment plan without first talking to your doctor.
  - Know how to use your inhaler.
  - Get assistance with prescription drugs.
  - Avoid asthma triggers.
- Take everyday precautions, such as:
  - Wash your hands.
  - Avoid sharing household items for personal use, such as utensils and towels.
  - Clean and disinfect constantly.
  - When using cleaning and disinfecting products:



- Minimize the use of disinfectants that can cause an asthma attack.
- Open doors or windows and use a fan to blow air outside.

Strong emotions can trigger an asthma attack. Seek help in learning to cope with stress and anxiety.



It is important to use medications to keep asthma under control and avoid respiratory complications. Inhaled medications offer a faster effect and lower the risk of side effects.

**Important:** For good asthma control, make sure you use your inhalers the right way. Check with your doctor for more information.



**Social and Emotional Aspect**

For recommendations, tools, and resources on how you and your family can cope with emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line  
1-844-347-7801  
TTY/TDD 1-844-347-7804

APS Healthcare  
787-641-9133

**References:**

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Quick-relief drugs for asthma. (2020). Retrieved from: <https://medlineplus.gov/spanish/ency/patientinstructions/000008.htm>

Control drugs for asthma. (2020). Retrieved from: <https://medlineplus.gov/spanish/ency/patientinstructions/000005.htm>

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Revised in February 2022.

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