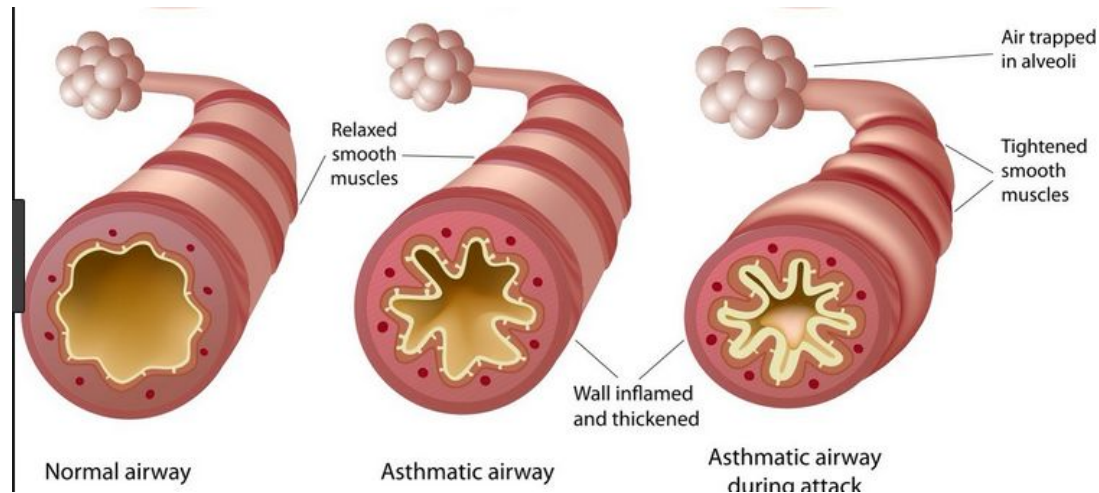


# Asthma

UCI Student Health Care in  
Practice

# What is Asthma?

- Asthma is a chronic disease that inflames and narrows the airway
  - Making it harder to breathe
- Can affect all ages
- There is no cure but it can be effectively maintained



# Causes

- Exact cause is unknown
  - However, many factors can exacerbate your Asthma
    - Allergens: Dust, fur, pollen, etc.
    - Irritants: smoke, air pollution, etc.
    - Medications
    - Physical activity
- May be a combination of genetic and environmental factors

# Symptoms

- Wheezing, Coughing
- Shortness of breath
- Chest tightness
- Not everyone has these symptoms
  - Best way to diagnose is with Lung Function Test

# Treatment

- Although there is no cure for Asthma, there are ways to keep it under control!
- Work with your doctor to develop a plan on how to control your Asthma
- Medications (a few examples)
  - Can be delivered via inhaler
  - Long term: corticosteroids
    - Helps reduce airway inflammation
  - Short term: short-acting beta2-agonists
    - For immediate relief

**Allergy & Asthma Network**  
Mothers of Asthmatics  
asthanetwork.org • 800.878.4AEC

## Asthma Inhalers

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**Inhaled Bronchodilators**  
These medications relax the airway muscles, immediately allowing the air to flow and relieve coughing, wheezing, chest tightness and shortness of breath.

- Albuterol (generic) Inhaler
- Atrovent<sup>®</sup> HFA Inhaler
- Combivent<sup>®</sup> Respimat Inhaler
- Maxair<sup>®</sup> Autohaler<sup>®</sup> Inhaler
- ProAir<sup>®</sup> HFA Inhaler
- Proventil<sup>®</sup> HFA Inhaler
- Ventolin<sup>®</sup> HFA Inhaler
- Xopenex<sup>®</sup> HFA Inhaler
- Ferredil<sup>®</sup> Autohaler<sup>®</sup> Inhaler
- Serevent<sup>®</sup> Diskus<sup>®</sup> Inhaler

**Short Acting Inhaled Bronchodilators (2-4 hours)**

**Inhaled Anti-Inflammatories**  
These medications reduce airway inflammation (swelling), help keep airways open and help prevent asthma attacks.

- Aamasort<sup>®</sup> Inhaler
- Flonase<sup>®</sup> HFA 55 mcg
- Flonase<sup>®</sup> Diskus<sup>®</sup> 110 mcg
- Flonase<sup>®</sup> 220 mcg
- Intal<sup>®</sup> Inhaler
- Pulmicort<sup>®</sup> Flexhaler<sup>®</sup> 90 mcg
- Pulmicort<sup>®</sup> Flexhaler<sup>®</sup> 180 mcg
- QVAR<sup>®</sup> (HFA) 80 mcg
- QVAR<sup>®</sup> (HFA) 40 mcg

**Combination Medications**  
Combination medications contain both a beta2-agonist and a corticosteroid.

- Aerodiol<sup>®</sup> Aerodiol 44 Inhaler
- Aerodiol<sup>®</sup> Aerodiol 220 Inhaler
- Advair<sup>®</sup> Diskus<sup>®</sup> 100/50, 250/50, 500/50
- Advair<sup>®</sup> HFA 65/21, 110/21, 220/21
- Symbicort<sup>®</sup> (HFA) 80/4, 80/8, 160/8, 160/4

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# Maintaining Your Asthma

- Your Asthma is well controlled if:
  - Symptoms occur no more than 2 days a week
  - Able to do all your normal activities
  - Take quick relief medicine no more than 2 days a week

Don't forget to have regular checkups with your doctor!

If you notice your Asthma is getting worse, please see your physician!



# Reference

<https://www.nhlbi.nih.gov/health-topics/asthma>