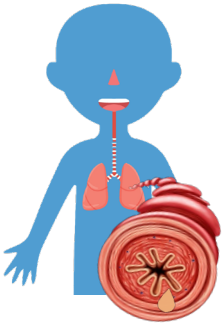


How Much Is Too Much Asthma Rescue Medicine?



Asthma symptoms mostly come from inflammation (swelling) in the airways.

Asthma airway, tight and plugged

Needing **rescue medicine** to treat symptoms too often means your child's asthma is **not under control**.



- **Albuterol** by nebulizer or puffer (inhaler)
- **Steroid bursts** (3-5 days of **prednisone**, **prednisolone**) by mouth or **decadron** by shot

Steroid bursts help your child breathe better for a while, but may cause trouble in the long run!

Long term or repeated use can lead to

- Slower growth
- Obesity
- Broken bones
- Depression
- Cataracts
- Life-long diseases like diabetes and high blood pressure

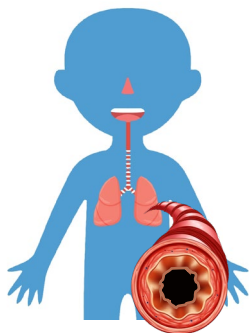
Short term use may cause

- Trouble sleeping
- Anxiety and mood changes



If your child has had even one of these, their asthma is not under control!


- × **One or more ER visits or hospitalizations** in the past year.
- × **Two or more bursts of steroid pills or syrup by mouth, or two decadron shots** in the past year.
- × **Uses albuterol or other rescue puffer** two or more times per week.
- × **Wakes up with asthma symptoms** two or more times per month.
- × Asthma symptoms **when being active or playing**.



Good Asthma Control

- ✓ No asthma symptoms with sleep, play or being active.
- ✓ Need rescue puffers rarely.
- ✓ Airways are open with no swelling, breathing is easy.

Get asthma under control!

- ✓ Track your child's asthma symptoms.
- ✓ Make sure your child takes their **inhaled steroid** and **rescue medicine** as the doctor ordered.
- ✓ Use a **spacer**  (valved-holding chamber), with mask if needed, with their puffers.

Call your child's doctor today!



Ask your doctor about new ways to treat asthma

- Single Maintenance and Reliever Therapy (SMART) for ages 4 & older.
- Biologics (shots for severe allergic asthma) for ages 6 & older.