

Using Asthma Rescue Medicines Too Much Can Be Dangerous!

Asthma symptoms mostly come from inflammation (swelling) in the airways. Using rescue medicines like **albuterol** and **prednisone** or **decadron** too much can make asthma much worse in the long run.

1

Without a daily steroid puffer, airways are **swollen** even when you don't have symptoms.

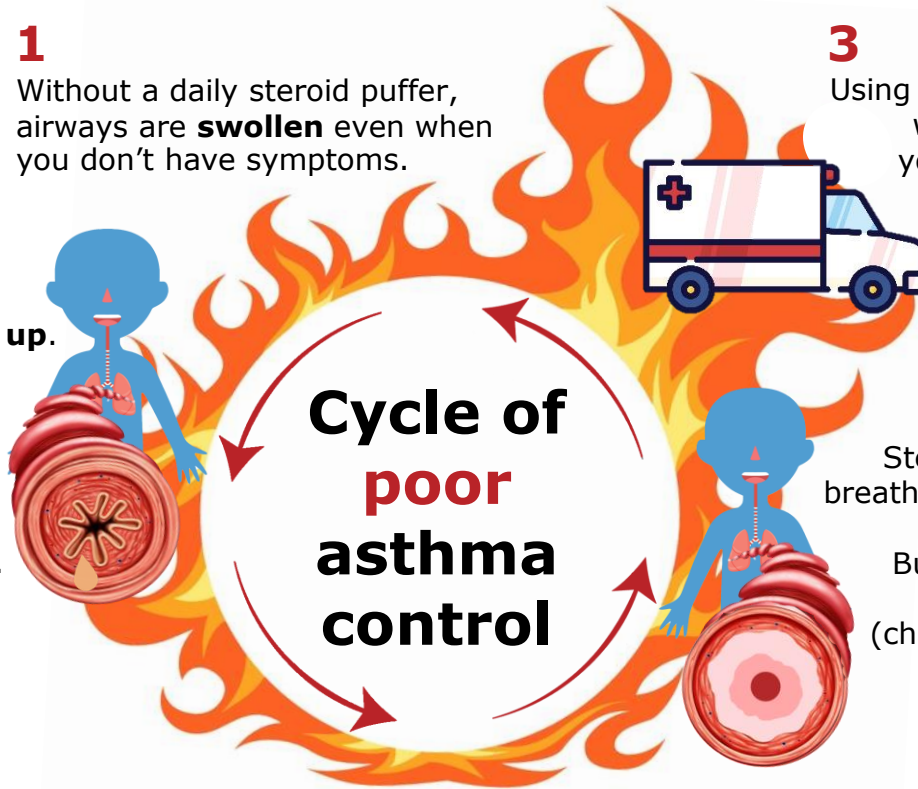
3

Using **albuterol** alone isn't working anymore so you get **steroid pills** (burst) or a shot at the doctor or ER.

2

Asthma **flares up**. Airways get tight and fill with mucus.

You use your **albuterol** a lot.



Steroid pills make you breathe better for a while.

But too many asthma flares can remodel (change) your airways, making them stay tight **all the time**.

? **How much is too much albuterol?** Using only albuterol (puffers or nebulizer) for **just 1-2 weeks** for asthma symptoms can start the cycle of poor asthma control.

✓ **Talk to your doctor** if you use albuterol **more than 3** times a week.

? **How many is too many steroid bursts?** Taking **4-5 bursts of steroid pills (prednisone) over a lifetime** increases your risk of diabetes, stroke, kidney trouble, heart trouble, broken bones and more diseases that can make your life shorter.

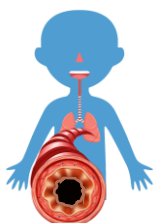
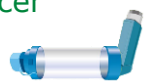
✓ **Talk to your doctor** if you needed **more than 2** steroid pill bursts in the past year.



Airway swelling and poor asthma control

✓ Take an **inhaled steroid** puffer with your albuterol and use as you were told to by your doctor.

✓ Use a **spacer** with your puffers.



Good Asthma Control

- ✓ No asthma symptoms with sleep, play or being active.
- ✓ Airways are open and no swelling.

Ask your doctor about **new ways to treat asthma**

- Single Maintenance and Reliever Therapy (SMART)
- Anti-inflammatory Relievers (AIR)
- Biologics (shots for severe allergic asthma)

