



**Controlling Asthma in American Cities Project: Minneapolis / Saint Paul
Fact Sheet on Asthma Medications**

Medication Category		How do they work?	Administration	Possible Side Effects
Controllers				
1. Inhaled Corticosteroids (<i>controller medication</i>)		<ul style="list-style-type: none"> - Help to reduce constriction (narrowing of the airways in the lungs) and/or inflammation (underlying swelling and irritation in the airways of your lungs). - Used daily to maintain control of asthma and prevent symptoms and reduce the need for quick relief medication. 	Inhalation – through metered dose inhaler or dry power inhaler. Using a spacer (valved-holding chamber) device with metered dose inhalers and washing your mouth out after inhalation may decrease the risk of side effects	Cough, hoarseness Thrush (a fungal infection in the mouth). Washing your mouth out with water after each inhalation may decrease the risk of this side effect.
Brand Name	Generic Name			
a. AeroBid b. Azmacort c. Flovent d. Pulmicort Turbuhaler e. QVAR	a. Flunisolide b. Triamcinolone c. Fluticasone d. Budesonide e. Beclomethasone			
2. Long Acting Beta₂-agonists (<i>controller medication</i>)		<ul style="list-style-type: none"> - Used for long term control therapy in moderate persistent asthma with inhaled corticosteroid - Improves lung function - Useful for exercise-induced asthma when taken 30 to 60 minutes before exercise 	Inhalation	Headache Increased heart rate Shakiness and trembling Nausea Sleeplessness
Brand Name	Generic Name			
a. Serevent b. Foradil	a. Salmeterol b. Formoterol			
3. Leukotriene Modifiers		<ul style="list-style-type: none"> - Prevent asthma symptoms by blocking an early part of the asthma reaction (chemical reactions that cause airway inflammation) – - Used with inhaled corticosteroids for patients with moderate persistent asthma or alone mild persistent asthma. 	Oral medication	Headache, Upset stomach
Brand Name	Generic Name			
a. Singulair b. Accolate	a. Montelukast b. Zafirlukast			

Medication Category		How do they work?	Administration	Possible Side Effects
Controllers				
4. Other Anti-inflammatories (Controllers)		<ul style="list-style-type: none"> - Prevent asthma episodes by blocking the inflammation of the airways. - Alternative to low doses of corticosteroids for individuals with mild persistent asthma and exercise- induced asthma. 	Inhalation	Cough Unpleasant taste (Nedocromil)
Brand Name	Generic Name			
a. Intal b. Tilade	a. Cromolyn b. Nedocromil			
Relievers				
1. Inhaled Bronchodilator (Quick relief medication)		<ul style="list-style-type: none"> - Opens airways and relaxes muscles during an asthma episode and give fast relief (within 15-30 minutes) for tight, narrowed airways and the symptoms of coughing, wheezing, and chest tightness - Used to prevent exercise-induced bronchospasm when taken 5-30 minutes before exercise 	Inhalation	Headache Increased heart rate Shakiness and trembling Nausea Sleeplessness
Brand Name	Generic Name			
a. Proventil (HFA) b. Maxair Autoinhaler c. Ventolin	a. Albuterol b. Pirbuterol c. Albuterol .			
2. Systemic Corticosteroids (Quick- Relief)		<ul style="list-style-type: none"> - Used to treat severe asthma episodes. - Often used to gain quick control (within 8-12 hours) of poorly controlled persistent asthma, or when starting long-term therapy 	Oral medication usually taken for less than 10 days	The side effects are related to how much, how often, and how long the medicine is taken These short term side effects may include: increased hunger, mood swings, increased blood pressure When taken for long time –can slow growth in children
Generic Name : Prednisone				