

ASTHMA MEDICATIONS

Asthma medications are vital in the control of your asthma. Knowing how your asthma medication works will help you understand why it is important for you to take your medication.

There are two main categories of medications for the treatment of asthma:

Anti-inflammatory medication (also referred as 'controller' or 'preventer')



Main type of medication used in the treatment of asthma.

Prevent and reduce airway sensitivity, swelling (inflammation), mucus, and the risk of asthma attacks.

Controllers are to be taken daily on a long-term basis to prevent frequent attacks of asthma and to control symptoms. Do not stop taking this even if you feel better.

Examples: Beclomethasone dipropionate, Fluticasone propionate

Bronchodilator medication (also referred to as 'reliever')



Act by relaxing the muscles around the narrowed airways, relieving asthma symptoms

Does not modify the underlying cause of the disease and will not prevent the next asthma attack.

If you need to use your reliever more than twice a week, do consult your doctor. You may require a higher dose or a change in your preventer medication.

Examples: Salbutamol, Formoterol, Fenoterol

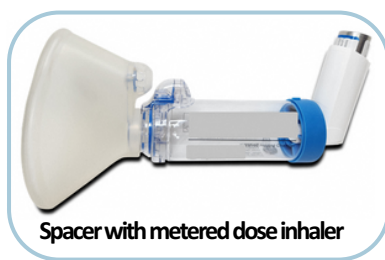
MORE ABOUT ASTHMA MEDICATIONS

Medication delivery devices

Inhalers are small handheld devices that allow you to breathe medicine in through mouth, directly to your lungs. Inhaler medication work more quickly than oral medication at a lower dose and generally have fewer side effects as they deliver the medication directly to the lungs.

There are several types of inhalers in the market. Some inhalers deliver medication via a spray (e.g. metered dose inhaler), others deliver medication in powder form (e.g. dry powder inhaler).

If it is difficult to coordinate breathing while using a metered dose inhaler, a 'spacer' device is used together with the inhaler. The spacer has a hollow reservoir that holds the dispensed medication, allowing the user more time to breathe the medicine in slowly.



How to use your inhaler

Your inhalation technique can significantly affect the amount of medication delivered to the lungs. Using an inhaler is a skill that must be learnt and maintained for the medication to be delivered effectively. Make sure that your inhaler is one that you can use well and suits you best. Check your inhaler technique with your healthcare provider at every visit or at least once a year.

For videos on inhaler technique by language, please scan the QR codes below:



English



Malay



Mandarin



Tamil

Note: This leaflet has been written primarily for people with asthma, their family members, and caregivers. It is not meant to be a substitute for professional advice and care. For further information about your asthma treatment, please speak to your healthcare professional.