

Information on Asthma Medicines for Families

Your child has been diagnosed with asthma, which means the tubes to their lungs (airways) can get swollen and irritated. This can happen only sometimes, for example when they come into contact with one of their triggers (like a cold virus) or they can be swollen and irritated all the time. The medicines they will be given will depend on what type of asthma they have and how often and severely they get symptoms. What is important about all their medicines is that they will not work well unless they take them correctly and regularly as they are meant to be taken.

Most people with asthma are given two types of main types of asthma inhaler:

The '**preventer inhalers**' take time to build up in the system. They help stop asthma symptoms developing at all by protecting the airways. If they are taken regularly they can stop you feeling like you have any asthma symptoms at all. They can also reduce the risk of a potential life-threatening asthma attack.

The '**reliever inhalers**' help symptoms to go away once they have started. These are the inhalers used during an asthma attack.

There are other various medicines to treat more severe symptoms and asthma attacks. It is important that you and your child play your part in helping the medicines to work by taking them at the right dose, in the right way and at the right time.

How is asthma being treated in children and what to expect what comes next?

Your doctor or asthma nurse will prescribe the asthma medication according to national guidelines (BTS/SIGN guidelines) for asthma care. In general, the aim of the treatment is to help your child to achieve:

No asthma attacks ✓

No daytime symptoms ✓

No night-time sleep waking disturbance due to asthma ✓

Not requiring blue (reliever) medicines ✓

No limitation in daily life such as exercise ✓