



**Texas Children's[®]
Health Plan**



Asthma Quick Guide

CHIP 866-959-6555
STAR 866-959-2555
STAR Kids 800-659-5764
texaschildrenshealthplan.org

MK-2008-098

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-959-2555 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-959-2555 (TTY: 711).

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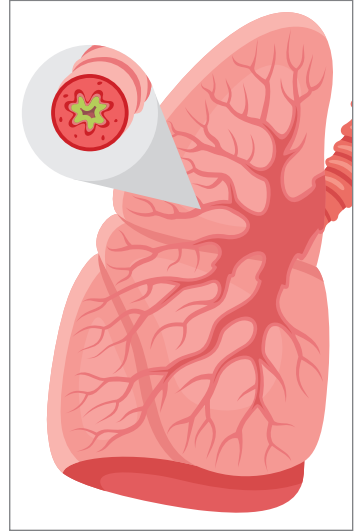
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What is **Asthma**?

Asthma is a disease that makes it harder to breathe. This happens because airways in the lungs get swollen, inflamed, smaller and/ or filled with mucus.

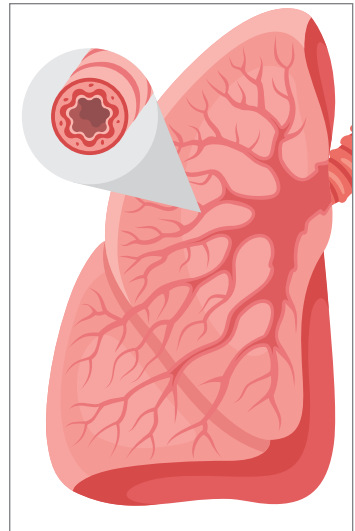
When your asthma is not in control:

- The muscles around your breathing tubes are squeezing the space air can pass through.
- The linings of your breathing tubes are inflamed.
- Extra mucus blocks your breathing tubes.



When your asthma is in control:

- The muscles around your breathing tubes are relaxed.
- The linings of your breathing tubes are not inflamed.
- Your breathing tubes are open for air to pass through.



There is no cure for asthma. You can control asthma and live a normal, healthy life.

Types of Inhalers

Long-Term Control (Inhaled Corticosteroids)

This is your long-term “controller” medication. It stops asthma attacks before they happen! Use it every day to keep your airways healthy, even if you don’t have symptoms.

QVAR Redihaler®

beclomethasone dipropionate
40 mcg or 80 mcg



Alvesco®

ciclesonide
80 mcg or 160 mcg



Asmanex® HFA

mometasone furoate
100 mcg or 200 mcg



Asmanex® Twisthaler

mometasone furoate
110 mcg or 220 mcg



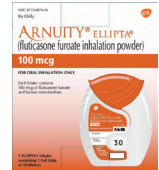
Pulmicort Flexhaler®

budesonide
90 mcg or 180 mcg



Arnuity Ellipta®

fluticasone furoate
50 mcg, 100 mcg or 200 mcg



Flovent HFA®

fluticasone propionate
44 mcg, 110 mcg or 220 mcg



Flovent Diskus®

fluticasone propionate
50 mcg, 100 mcg or 250 mcg



Talk to your doctor to make sure you know which inhaler is your controller medication and if it's covered by your insurance. The inhaler you get may look different from what is pictured here as many have generic versions

Types of Inhalers

Combination

(Inhaled Corticosteroids + Long-Acting Beta-Agonists)

Combination inhalers for asthma contain two different types of medication. They are also used as “controller” inhalers. Use them every day, even if you don’t feel sick.

Symbicort®

budesonide/formoterol
80/4.5 or 160/4.5



Dulera®

mometasone/formoterol
100/5 or 200/5



AirDuo® Respiclick®

fluticasone/salmeterol
55/14, 113/14, or
232/14



Breo Ellipta®

fluticasone/vilanterol
100/25 or 200/25



Advair® HFA

fluticasone/salmeterol
45/21, 115/21 or 230/21



Advair® Diskus

fluticasone/salmeterol
100/50, 250/50 or 500/50



Talk to your doctor to make sure you know which inhaler is your controller medication and if it’s covered by your insurance. Some controller medications can be used as both controller and rescue medication. The inhaler you get may look different from what is pictured here as many have generic versions.

Types of Inhalers

Quick-Relief (Short-Acting Beta-Agonists)

Short-acting beta-agonists or SABAs are used as “rescue” inhalers. Use these for fast relief of symptoms like coughing, wheezing, or shortness of breath. Have this inhaler with you at all times!

ProAir RespiClick® albuterol sulfate



ProAir HFA® albuterol sulfate

As of 10/1/22, Proair HFA has been discontinued by Teva Pharmaceuticals. Please discuss with your doctor for preferred alternatives: Proventil HFA (Albuterol) or Ventolin HFA (Albuterol).



Proventil® HFA albuterol sulfate



Xopenex® HFA levalbuterol



Ventolin® HFA albuterol sulfate



Talk to your doctor to make sure you know which inhaler is your quick-relief medication and if it's covered by your insurance. The inhaler you get may look different from what is pictured here as many have generic versions.

How to Use Your Inhaler Correctly



TOP 6 DO'S

- ✓ **Use a spacer with your inhaler. Stand or sit up straight when you inhale.**
- ✓ **Hold your breath for 10 seconds after you breathe in. Or, if using spacer with mask, take 6 to 8 breaths in and out through the spacer device.**
- ✓ **After using your controller, rinse mouth with water and spit out.**
- ✓ **Label your inhalers as “controller” or “quick-relief”.**
- ✓ **Have an Asthma Action Plan ready.**
- ✓ **Ask your doctor if you are unsure about anything.**

DONT'S

- ✗ **Do not blow into the inhaler or spacer.**
- ✗ **Do not put water into your inhaler to clean it.**
- ✗ **Do not inhale through your nose when using an inhaler via mouthpiece.***

***Note: When used with a mask, most infants/toddlers will inhale via their nose.**

What Can Cause an **Asthma Attack?**

Allergens

These are only a problem if you are allergic to them.

Pollen



Pets



Mold



Dust Mites

Cockroaches



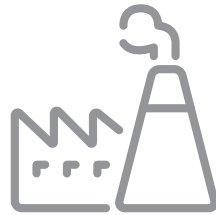
Irritants

These are problems for everyone with asthma.

Smoke



Air Pollution



Strong-Smelling Chemicals



Talk to your doctor about other triggers that may affect your asthma.

Know the Symptoms of an **Asthma Attack**

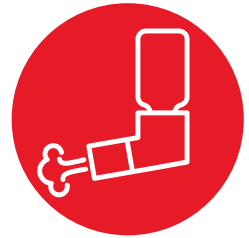
What could an asthma attack feel like?

- Chest tightness or pain.
- Coughing or wheezing.
- Shortness of breath.



What are signs your asthma is not controlled?

- You have symptoms more than two days per week.
- Your asthma wakes you up more than two nights per month.
- You have to refill your quick-relief inhaler more than twice per year.
- You often go to the ER for asthma attacks.



If you are having frequent mild symptoms, the chance of a severe attack is higher.

When should you seek emergency treatment?

- You are breathing fast or hard.
- You can't say more than a few words at a time.
- Your lips or fingers are turning blue or gray.



Tips to Stick to Your Treatment Plan

Be Prepared

- Bring your quick-relief inhaler with you wherever you go.
- Keep your controller medication where you always remember to use it, like next to your toothbrush.
- Refill your inhaler so you don't run out of medicine.



Set Reminders

- Get your annual flu vaccine.
- Try to use your controller inhaler at the same time each day.
- You can use an alarm on your phone or even an app to remind you when to use your inhaler.
- Ask for support from family and friends.



Avoid Triggers

- Incorporate good handwashing to avoid viral infections.
- Ask your doctor to help you find out what you are allergic to.
- Do not allow smoking or vaping (use of electronic cigarettes) in your home.
- For FREE help in stopping smoking or vaping call 1 800 QUIT NOW (1 800 784 8669).
- Do not use air fresheners or strong-smelling cleaning chemicals.



Positive Thinking

- Make using your controller inhaler part of your regular routine, like brushing your teeth in the morning or eating breakfast.
- Remember that using your inhaler(s) correctly allows you to sleep better, go to school, and be active.



Goals of Asthma Care

When asthma is controlled:

- You have no asthma symptoms. No cough. No wheezing. No chest tightness.
- You can run and play as hard as you want to.
- You are not having daytime or nighttime asthma attacks.
- You can't remember the last time you had to rush to the emergency room.



Asthma

Helpful Resources

Texas Children's Health Plan

www.texaschildrenshealthplan.org/asthma

American Academy of Pediatrics: Healthy Children

www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/default.aspx

Asthma and Allergy Foundation of America

800-7-ASTHMA (800-727-8462)

www.aafa.org

*"There are few restrictions
on your life with asthma,
as long as you take care
of yourself."*

– Jackie Joyner-Kersey
Olympic Gold Medalist with asthma