



Your Medicine Matters

Asthma Control and Medicine



Following your medicine plan is the key to asthma success. By taking your medicine as prescribed by your doctor you can:

- take control of your asthma and feel better
- be more active
- have fewer asthma episodes
- have fewer sick days
- have fewer hospital visits

Asthma is a lung disease in which your airway tightens up. This makes it difficult to breathe. Asthma causes you to wheeze, feel short of breath, feel chest tightness, and cough.

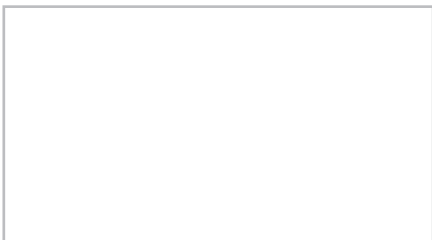
Asthma can be set off (triggered) by infections, allergies, exercise, and weather changes. They can also be triggered by dust, smoke, or pet hair.

Take this asthma control quiz and share the answers with your doctor:

1. Over the past month has your asthma kept you from doing normal things? From getting as much done at work or home?
2. In the last month did you wake up at night or early in the morning because of asthma? (Coughing, wheezing, short of breath, or pain in chest)
3. Do you feel like you need to use your rescue inhaler more and more often?
4. Do you sometimes forget to use your maintenance inhaler?

Ask your doctor about using a peak flow meter.

A peak flow meter is a small machine that you can carry with you. It measures how well air moves out of your lungs when you breathe. Peak flow meters check your asthma the way that blood pressure cuffs check high blood pressure. The peak flow meter warns you about narrowing in the airways before you have any asthma symptoms.





Your Medicine Matters

Asthma Control and Medicine

Asthma inhalers are small hand-held machines. They send medicine directly to your lungs.

Maintenance or Control Medicine

When used every day, control medicines help you avoid asthma attacks. They prevent or lessen the swelling in your lungs. They help your body make less mucus.

These medicines come in many forms. Most often they will come as an inhaler.

Inhaled steroids are the most powerful medicine used against swelling of the airways.

Quick-Relief or Rescue Medicine

These inhaler medicines are fast-acting. They relax the muscles in your airways. They don't control your asthma or prevent further attacks. This may be the only type of medicine some people with asthma need. For people with control medicine, these are used only as needed for asthma episodes or attacks.

According to the National Heart Lung and Blood Institute (NHLBI) your asthma symptoms may not be in control if you use a rescue inhaler every day.



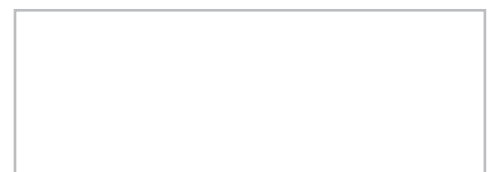
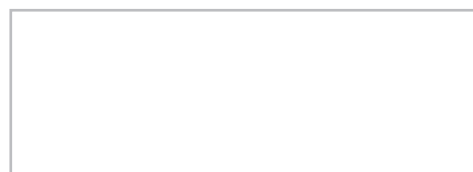
Summary

Caring for a chronic condition takes planning. Your doctor will help you create a daily medicine plan. Ask about an asthma action plan to help you stay in control. You will learn to follow it and to take your medicine as prescribed. It also helps to have a positive attitude.

Taking your daily medicine is the best way to know that you will be in control of your asthma. And this will make your life better too.

Reference

NHLBI Guidelines. Practical Guide for the Diagnosis and Management of Asthma Based on the Expert Panel Report 2.



This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. Provided as an educational service by Schering-Plough Managed Markets.

Copyright © 2007, Schering Corporation, Kenilworth, NJ 07033. All rights reserved. IWW1210 09/08