

# Understanding Your Asthma



Asthma treatments do not cure asthma, but they can improve your symptoms.

**Follow the instructions of your doctor when treating your asthma.** There is no “best” medicine. Each person’s asthma is different. Your doctor will work with you to get the right medicine for you.

## The right treatment means you will:

- Breathe better
- Do more of the things you want to do
- Have fewer asthma symptoms

People with asthma are often treated with a combination of quick-relief and long-term controller medicines. When you take the right treatment for your asthma, you will avoid asthma attacks and trips to the Emergency Room.

## Know how to best control your asthma

1. **Long-Term Control Inhalers:** Works slower but when taken daily, helps prevent your asthma attacks over the long term.
  - You need to use these inhalers **every day**, even when you feel well.
  - If you use the controller inhaler daily, **you will reduce the use of rescue inhalers.**
2. **Quick-Relief (Rescue) Inhalers:** This inhaler is for emergencies and works fast. Relaxes and opens your airways. Helps you breathe easier.



Rescue inhalers include: ProAir®, Proventil®, Ventolin® (Albuterol)

- Use this inhaler when asthma symptoms start, or when you have an asthma attack. This offers immediate relief.
- **If you use this inhaler several times a week, this is a sign your asthma is poorly controlled.** Talk to your doctor to see if a change needs to be made.

## Things to remember:

- Use the right medicine
- Use your medication at the right time



Controller inhalers include: Qvar®, Flovent®, Alvesco®



## Not sure you are taking your medicine correctly? Having side effects?

Talk to your doctor, pharmacist or health care team. They can help you understand the correct way to take the medicines or adjust the medicines you are taking. For questions about how Molina can support your efforts to control your asthma, call **1 (844) 484-1949**, Monday–Friday, 8 a.m.–5 p.m.