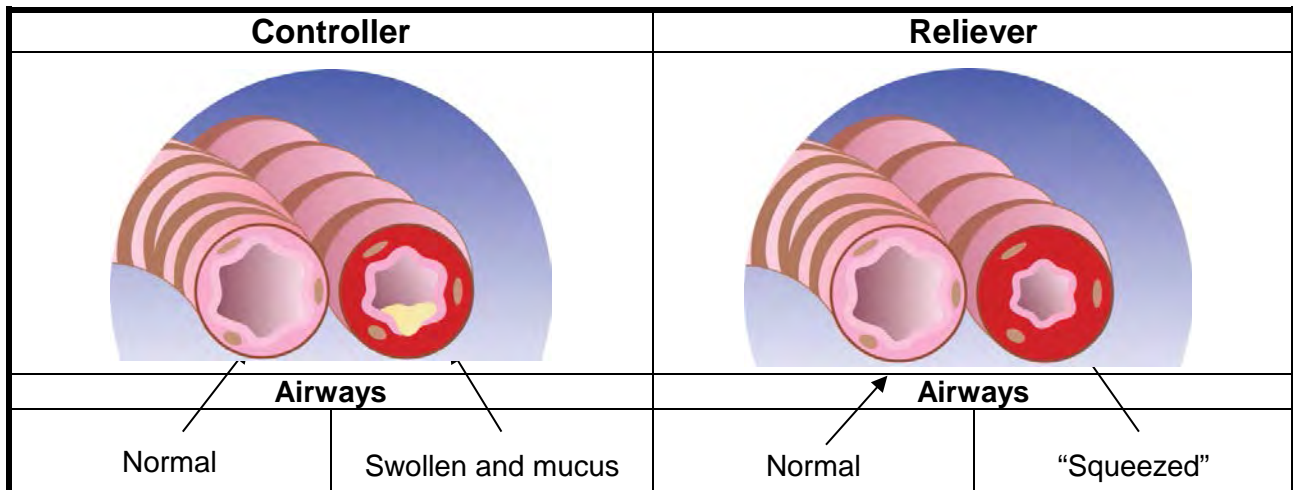


2. Take your Medicines-Know what they do and when to use them

Asthma medicines have been used for many years and have proven to be safe and effective. There are two types of inhaled medicines, “controllers” and “relievers.”

Controllers	<ul style="list-style-type: none"> • Controller medicines are corticosteroids to help heal and reduce swelling and mucus in your airways, making them less sensitive to triggers. • Take every day, even when you have no symptoms, to help keep your asthma well controlled
Relievers	<ul style="list-style-type: none"> • Reliever medicines temporarily relax the muscles around your airways to reduce symptoms like coughing, wheezing, shortness of breath or tightness in your chest. • Use it when you need it
Important Reminders	<ul style="list-style-type: none"> • Know when your medicines are empty and expired • Replace spacer if valves are missing or broken • Bring ALL your asthma medicines to every asthma appointment



3. Check your inhaler technique

- ✓ It is important to use correct technique so the most medicine can reach your lungs
- ✓ Check your technique at every asthma appointment
- ✓ Visit our website <https://ucalgary.ca/icancontrolasthma/devices> to see demonstrations