



ASTHMA CARE

Inhaled Steroids

Inhaled steroids are medicines for asthma. They help make the airways less sensitive to asthma triggers.

Common names for inhaled steroids are:

- QVAR
- Flovent
- Pulmicort



Side Effects

Many people worry about the side-effects of inhaled steroids. They are, on the whole, safe when used as prescribed. Taking inhaled steroids has fewer risks than not being in control.

One side effect is getting a yeast infection in the mouth. You can prevent this by:

- **Using a spacer with the inhaler**
- **Always rinse out your mouth (rinse and spit) after using the inhaler.**



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Questions about inhaled steroids

- **Is this the same steroid athletes use?**

No. The type of steroid that athletes may use to “bulk up” is not the same as the type used for asthma. In fact, inhaled steroids allow athletes with asthma to breathe easier in order to perform a sport.

- **Will inhaled steroids affect my child’s growth?**

Current research tells us that the good that comes from controlled asthma far outweighs the risks of inhaled steroids. Asthma that is not controlled can slow a child’s growth.

- **Can my child become addicted to inhaled steroids?**

No. Inhaled steroids do not cause addiction. They must be used as prescribed in order to get the full benefit.



What about Peak Flow Readings?

A peak flow meter measures the airflow in the lungs. Your asthma plan will be based on your best air flow. Use the peak flow meter to catch a breathing problem before you begin to feel other symptoms.

You don’t have to do this alone!

To find out more about asthma care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-371-2222;
CRS/TTY: 711 or 1-800-735-2929;
8 a.m. to 5 p.m., Monday-Friday;

Alliance CompleteCare (HMO SNP)
Members please call:
Toll-Free: 1-877-585-7526;
CRS/TTY: 711 or 1-800-735-2929
8 a.m. to 8 p.m. seven days a week.

www.alamedaalliance.org
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