

**Cycle 4 – Asthma**  
**2403 - Treatment Options for Asthma**  
**SCRIPT**

**(1)**

**JOHN CHASE, MD:**

Asthma treatment has changed quite a bit over the last few years. It has become much more personalized and much more specific to each patient and their individual needs.

**(2)**

**AMBER BURNETTE, MD:**

When we're looking at treatment of asthma, what we want to look at is the frequency of symptoms and the impact on your life, on your daily activities, on your sleeping, and making sure that you're not being impaired.

**(3)**

**YANA SAMARASENA, MD:**

Asthma medication can be divided into two different classes-- the controller medication, which are used on a regular basis, on a daily basis to help control the ongoing inflammation in the lungs. That class of medication is usually the inhaled corticosteroid. The other class of medication is the rescue inhaler. They're the ones that work quickly when someone is having increased asthma symptoms.

**(4)**

**AMBER BURNETTE, MD:**

Persistent asthmatics who have symptoms two or more times a week are recommended to take a daily asthma controller medicine to prevent asthma attacks and help better control their symptoms. Across the world the gold standard medicines that are used to control persistent asthmatics are what are known as anti-inflammatories or inhaled steroid inhalers. Steroids are used to calm swelling or inflammation in the lungs, help your lungs be more open and help you breathe better.

**(5)**

**JOHN CHASE, MD:**

One of the most important things that I think I want people to come away with knowing about asthma is that the controller medications, in particular the inhaled corticosteroids, most of those medications are very slow acting.

**(6)**

**MADelyn FERNSTROM, MD:**

It often takes 2-4 weeks of daily use to get the full benefit of medication.

**(7)**

**JOHN CHASE, MD:**

Regular follow-up with your allergist is actually important, too, because we can kind of gauge how things are going and peel things back if we need to, but also add things on if that's needed as well.

**(8)**

**JOSEPH DIZON, MD:**

It is important to take the time to go over asthma education and review with the patients, "This is your preventer medicine or your preventer-slash-controller medicine. This is your quick relief medicine."

**(9)**

**AMBER BURNETTE, MD:**

So for some people that can be a change, to be told, "You know what, for your asthma you do need to start taking something daily to get under control." But often once they actually try it they will find that they breathe much better and things that used to be more difficult are a lot easier. And it can significantly improve their quality of life.

####