



Allergy, Asthma & Sinus Center

Edwin P. Schulhafer, MD

Inhaled Corticosteroids

Corticosteroids can be given in inhaled form. This is an excellent means of using this drug. They keep the asthma under control and avoid the harmful side effects of oral corticosteroids.

Inhaled corticosteroids (ICS) control the inflammatory component of asthma. They make the airways less active to stimuli that cause bronchospasm. They can *decrease the internal swelling and mucus production that “clog” asthmatic airways*. With regular use of this medication you will notice improved breathing, general improved exercise performance, and you will even sleep better. You will experience fewer episodes of wheezing. ICS work gradually over a minimum 2 days and wear off gradually. They are designed to be used the year around.

The common side effects are:

Sore throat

Minor hoarseness

White patches in the mouth and back of the throat (if medicine not taken as instructed)

Sore throat can be avoided by gargling with Listerine® mouthwash (or water when Listerine® is not available) each time after using the spray. Spacing devices also reduce the incidence of sore throats. If the soreness persists, it should be brought to the attention of the doctor.

Inhaler Corticosteroids will NOT:

- Relax your airways within minutes like “rescue” medications such as Proventil, Ventolin, ProAir or Xopenex
- Cause tremors, nervousness, increase in heart rate or changes in personality
- Relieve your asthma during an attack.

Inhaled Corticosteroids must be used on a regular basis in order to be effective.

712 Courtyard Drive
Hillsborough, NJ 08844

Telephone (908) 526-0200
Fax: (908) 253-0035
www.bestallergycare.com

1465 Route 31 South
Annandale, NJ 08801