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Inhaled Steroids

Inhaled steroids (IS) are prescribed as preventive medications for those patients who require daily medications to control their asthma symptoms. They help to reduce the swelling, inflammation and mucus secretions in the airways. They are currently the most effective medication known to control asthma. Since these medications are used via an inhaler (puffer) they act directly in the lungs, thus reducing side effects. Since IS are preventive medications they must be taken regularly in order to be effective.

Side Effects

The most common side effects are related to the local deposition of the IS in the mouth. These are oral thrush and hoarseness. These complications are minor, relatively uncommon and very easily treated. For that reason, the mouth should be rinsed thoroughly after each use. IS may decrease growth velocity in children and for that reason it is recommended that they are kept at the appropriate dose. This decrease is transient all patients returning to baseline.

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