

Inhaled Steroids



Common names for inhaled steroids are:

- *QVAR*
- *Flovent*
- *Pulmicort*

Inhaled steroids help to make the airways less sensitive to asthma triggers.

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 controlling asthma.*

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.**

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?*

This question is still being studied. What we do know is that asthma that is not controlled can slow a child's growth rate.

- *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.