Treatments for Asthma

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En Español (Spanish Version)

You and your doctor will create an asthma action plan. This is a plan you will follow to help control your asthma and handle asthma attacks. Medications and lifestyle changes are the mainstay of asthma treatment. With new options being studied. Alternative and complementary therapies are also under investigation to determine whether they may play a role in treatment, as well.

The goals of treatment are:

- Relief of acute symptoms
- Control of airway symptoms
- Reduce underlying inflammation
- Removal of allergy triggers

Treatment involves the following:

Lifestyle changes
Medications
Other treatments
Alternative and complementary treatments

At this time, there are no surgical procedures for the treatment of asthma. While the relationship between asthma and gastroesophageal reflux disorder (GERD) is a controversial one, there is some evidence that surgery can improve respiratory symptoms in people with severe GERD.

REFERENCES:


