Asthma treatments

Current treatments

There is currently no cure for asthma. The treatments that we have aim to:

- Relieve symptoms
- Prevent future symptoms or asthma attacks

Drugs used to treat asthma include:

**Anti-inflammatory drugs**
These are used as a preventative measure to stop airways getting inflamed. They include steroids such as corticosteroids.

**Bronchodilators**
They make breathing easier by relaxing the smooth muscle in the airways. They come in both short-acting and long-acting forms.

To ensure treatments work, it is very important that medications are taken as directed.

People with asthma should have their own asthma management plan agreed with their doctor. This includes information on what medicines they need to take, how to recognise what triggers their asthma and if symptoms are getting worse and what to do if this happens.

What new treatments are scientists researching?

**Immunotherapy**
Preventative treatment where small doses of allergen are injected under the skin. Over time, more allergen is injected with the aim to make your immune system less sensitive to the substance.

**Vitamin D supplementation**
This could improve control of asthma by restoring the balance between inflammatory proteins in the lungs.

**New drugs**
Scientists are studying lots of new drugs to treat allergic asthma. For example, they are trying to find drugs that block the receptors on mast cells that the allergen fits into, stopping the allergic reaction happening in the first place.