

# Download The Harvard Medical School Guide To Taking Control Of Asthma

Search Harvard Health Publishing. What can we help you find? Enter search terms and tap the Search button. Both articles and products will be searched. Search Harvard Health Publishing. What can we help you find? Enter search terms and tap the Search button. Both articles and products will be searched. The single most effective class of medications for control and prevention of asthma among adults is the group called inhaled corticosteroids. Asthma care can be frustrating. Inhaled medications can be tricky to use properly. Daily medications can feel like a burden and may cause some unpleasant side effects.