Mast Cell Stabilizers

You'll find mast cells in the connective tissue of your nose and lungs. When these cells interact with certain types of antibodies they burst and release chemicals that can trigger asthmatic symptoms. Mast cell stabilizers help prevent unstable cells from bursting.

You spray these medicines into your nose to prevent allergies. But you have to use them every day for them to work. Therefore, they are rarely used to treat asthma flare-ups.

You can take these medicines in an inhaler, nebulizer, or nose spray. However, since inhaled corticosteroids (ICS) and antihistamines work better, they're now a second or third-line choice.

If you suffer from nasal allergies, don't suffer in silence. Talk to your doctor. They may suggest you try mast cell stabilizers to see if they reduce your symptoms. Or they may recommend other drugs to help you.

Mast cell stabilizers

Trade name	Generic name	Form
Intal	cromolyn	INH*
Tilade	nedocromil	INH*

*INH = inhaled medicines may be given by metered dose inhalers (MDIs), dry power inhalers (DPIs) or nebulizers

Learn more and live better with Alpha-1

Would you like to learn more about medicines for Alpha-1 lung disease? Then, check out the BFRG for a complete list of drugs. You'll also find information about lifestyle changes you can make to reduce symptoms and improve your quality of life. These include watching out for risks at work, at home, and outdoors.

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For more in-depth information on this topic, please visit the Big Fat Reference Guide (BFRG). If you are enrolled in AlphaNet's Subscriber Portal, you can access the BFRG here.