

AlphaNet

Anti-Leukotrienes

Your body releases leukotrienes when you come in contact with an allergy trigger. These chemicals cause inflammation (swelling) which narrows your airways. They also cause your body to produce excess mucus and fluid. Anti-leukotrienes block the effect of leukotrienes and help open your airways.

People with asthma often take anti-leukotrienes. However, research hasn't provided evidence that they improve any aspect of [COPD](#). Anti-leukotrienes do improve allergy symptoms in the nose for many people. Improving upper airway symptoms often improves lower airway symptoms, too.

Possible side effects to anti-leukotrienes

Most people take these drugs without having any side effects. However, other experience headaches, upset stomach, weakness, or flu-like symptoms.

If you find yourself having unpleasant side effects, talk to your doctor. They may be able to find another medicine that relieves your symptoms without causing side effects. Or, they may have other suggestions that can help minimize your discomfort.

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.

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](#).

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