ASTHMA: TAKE ACTION. TAKE CONTROL.

WHAT IS ASTHMA?
Asthma is a chronic (long-term) disorder in which the airways become swollen, inflamed and clogged, which makes it hard to breathe. Severe or difficult-to-control asthma is more serious and a greater threat to your health.

DID YOU KNOW?
Patients often report their symptoms as well-controlled, yet continue to experience some limits with everyday activities such as:

- Walking
- Sleeping
- Household Chores

Well-controlled patients should be experiencing symptoms no more than once a month and should experience no limits to everyday activities.

SPOT YOUR SYMPTOMS

- Shortness of breath
- Coughing/wheezing
- Chest tightening
- Fatigue

COMMON TRIGGERS

- Irritants such as smoke or pollution
- Allergens in the air
- Strenuous exercise
- Strong emotions

4 STEPS TO TAKE CONTROL OF YOUR ASTHMA

1. Discuss your symptoms with your doctor and how asthma affects your daily life.
2. Work with your doctor to create an Asthma Action Plan to minimize and prevent your symptoms.
3. See your doctor regularly to review and refine your action plan.
4. If you continue to have symptoms that disrupt everyday activities despite following your action plan, you may need to visit an allergist or pulmonologist.

SIGNS YOUR ASTHMA MAY BE DIFFICULT TO CONTROL

- You experience asthma symptoms 2+ times a week
- Your asthma wakes you up 2+ times a month
- You run out of quick-relief medicine 2+ times a year*

*This does not include refilling your medication due to a lost device, or using your medication prior to exercise/gym class as preventative care

If you are experiencing these symptoms, talk to your healthcare provider.

To learn more about managing your asthma symptoms, visit chestnet.org/asthma and AllergyAsthmaNetwork.org/asthma

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