**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.

**4 STEPS TO CONTROL YOUR ASTHMA**

1. **Discuss symptoms with your doctor and how asthma affects your daily life.**
2. **Work with your doctor to create an Asthma Action Plan to prevent and minimize symptoms.**
3. **See your doctor regularly to review and refine your Asthma Action Plan.**
4. **If you continue to have symptoms that disrupt everyday activities despite following your action plan, visit a specialist such as an allergist or pulmonologist.**
Well-controlled patients should be experiencing symptoms no more than once a month and should experience no limits to everyday activities, including:

- Walking
- Sleeping
- Household chores

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

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