

# ASTHMA: TAKE ACTION. TAKE CONTROL.

## Asthma Control & Severity Assessment Tool

Asthma is a complex, ever-changing condition that requires constant attention. If symptoms worsen, then a visit to an asthma specialist (board-certified allergist or pulmonologist) is in order.

Answer these questions to determine if you or a loved one need to see an asthma specialist:

### Have you:

- Taken a combination controller medication (ICS/LABA) daily and still experience asthma symptoms?

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- Taken oral corticosteroids two or more times in the past year?

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- Had to use your quick-relief or rescue inhaler (SABA) two or more times a week not including prior to exercise?

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- Refilled your quick-relief or rescue inhaler more than two times in the last year?\*

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- Gone to the ER or hospital for a severe asthma flare more than once in the last year?

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- Had to limit your physical activity on a weekly basis due to asthma?

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- Been awakened by asthma two or more times in a month?

\*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 answer “yes” to two or more of these questions, you should speak to your doctor about seeking care from an asthma specialist.

To learn more about managing your asthma symptoms, visit [chestfoundation.org](http://chestfoundation.org) and [www.allergyasthmanetwork.com](http://www.allergyasthmanetwork.com)



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