

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**.

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.

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.

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