

How Do I Know If My Asthma Is Under Control?

Signs that your asthma is not under control:

Check if this is true

1. Asthma symptoms more than 1 or 2 times a week:
-wheezing or coughing
-shortness of breath and/or chest tightness
2. Using more than one canister of bronchodilator per month,
or increasing use.
3. Problems sleeping through the night due to trouble breathing
4. Time lost from school or work due to asthma.
5. Limitations in physical activities
-trouble walking, talking, climbing 1 or 2 flights of stairs
6. Any emergency room visits or stays in the hospital in the past 2 months
7. Any side effects from your asthma medicine.
8. Peak flow reading in red zone (below 60% of personal best).

TOTAL CHECKED _____

If you checked any of these items, you need to consult with your primary care physician. You need to work with your doctor to achieve every goal. This may mean you need a treatment plan or your current plan needs to be adjusted. Whatever the problem, you need to ask!

