

Medications

Asthma Basics #3

Use as
prescribed





Good asthma control

Use this list to monitor your asthma control on a regular basis

You have good asthma control if you:

- ☒ Are not coughing, wheezing or short of breath most days
- ☒ Are able to exercise and feel okay
- ☒ Are sleeping through the night without waking up because of coughing, wheezing or chest tightness.
- ☒ Have a normal spirometry test
- ☒ Do not need to use your reliever inhaler 4 or more times a week (except for one dose per day before exercise)

The interactive quiz "How Do You Feel Today?" at www.Asthma.ca can also help you figure out if you have good asthma control.



Good asthma control means being able to participate in strenuous activity

Reasons for poor asthma control

If your asthma is poorly controlled, it might be because:

- ☒ You are not using your inhalers properly. Show your doctor or pharmacist how you use your inhalers
- ☒ You are being exposed to a trigger. Determine what things make your asthma worse, and stay away from them. Read the Asthma Basics Booklet called **Triggers** for information about things that can make your asthma worse. Talk to your doctor about allergy tests
- ☒ You are not using your controller medication regularly. Use your controller medication every day
- ☒ You may have something other than asthma, such as an infection, and you may need another different medication, in addition to your asthma medication



One indicator of poor asthma control = needing your reliever inhaler 4 or more times a week because of breathing problems