

Rethink Your Asthma

001

UNDERSTANDING
ASTHMA CONTROL

A SERIES OF 5 ISSUES TO HELP YOU
MANAGE YOUR SEVERE ASTHMA

*“I think my
asthma is
controlled...
but is it really?”*



NEXT



“It’s hard taking the stairs with my asthma, but that’s normal for me.”



NEXT



BACK

IT MAY BE TIME TO RETHINK YOUR ASTHMA: IS IT *REALLY* UNDER CONTROL?

Millions live with asthma symptoms as part of everyday life and have accepted them as “normal.”

And because you may have experienced this condition for many years, you might think you’ve got your asthma under control.

Whether you think your asthma is in control or not, if your symptoms keep you from doing the things you want to do—and even worse, keep coming back—it may be time to talk to your doctor and learn more about the new understanding of asthma.

The fact is, science is moving forward and it’s time to rethink what you know about asthma control.



DID YOU KNOW?

People living with asthma may have misconceptions about the severity of their condition, which can lead to mismanagement of asthma symptoms.

ARE YOU MANAGING YOUR ASTHMA? OR IS YOUR ASTHMA MANAGING YOU?

Learning how to manage and control your symptoms requires four key components of care. Check below to begin to more successfully manage your asthma. And as always, if you have questions ask your doctor.

- » Assess and monitor your asthma: talk to your doctor about the severity of your symptoms and responsiveness to your treatment.
- » Stay up-to-date with asthma education: work with your Care Team to create a plan and learn self-management skills.
- » Identify your triggers: understand your personal or environmental triggers and how to avoid them.
- » Use medications as prescribed: follow your schedule of daily or long-term medication to achieve and maintain control of your asthma.

FACTS TO HELP YOU RETHINK YOUR ASTHMA CONTROL:

More than

79%

of people living with asthma overestimate their level of control.

71%

of those who experience frequent daytime asthma symptoms still describe their level of control as good/very good.

59%

of asthma patients report ER visits even though they describe their level of control as good/very good.



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SIGNS THAT YOUR ASTHMA IS NOT WELL CONTROLLED.

Do you experience any of the following?

- » You have significant asthma symptoms more than twice a week.
- » Your asthma wakes you up from sleep at least twice a week.
- » You use your asthma rescue [reliever] medications more than twice a week.
- » Your asthma symptoms restrict your activities.

If you experience any of the conditions above, talk to your doctor to see if there's anything else you can do to better manage your asthma.

“I didn't really know what asthma control felt like.”



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KNOW THE BARRIERS TO CONTROL.

What are the factors that make it difficult to achieve control of your asthma? Check the below and see if you identify with these common barriers:

- » Your own perceptions of whether your asthma is controlled or not.
- » You treat your asthma only when you experience symptoms and forget that asthma is a chronic condition.
- » Incorrect inhaler technique—The most common problem, and can worsen as the number of mistakes with your technique increases.
- » Inconsistent adherence—Treatment is effective only if you take medications as prescribed.
- » Regular or overuse of rescue inhalers, also known as reliever medications, can result in decreased effectiveness and an increase in adverse side effects.
- » Anxiety and depression can get in the way of proactively managing your severe asthma.
- » Side effects from prescribed medication.

HOW DOES ASTHMA IMPACT YOUR LIFE?

It's important to remember that asthma is a long-term condition that can be caused by two different sources. External triggers can include tobacco smoke, dust, chemicals, and pollen. Internal triggers can be a specific type of chronic inflammation in the airways.

Be honest with yourself. If your asthma makes it difficult to do the following (even if you've learned to live with it) it's time to talk to your doctor:

- » Climbing stairs
- » Sleeping at night
- » Owning pets
- » Being around smokers
- » Feeling independent
- » Doing your job well
- » Doing household chores
- » Keeping up with kids
- » Leaving your home
- » Catching the train or bus
- » Exercising regularly
- » Experiencing the outdoors



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“I just thought:
this is the way it is.
My asthma will
always be my
problem.”



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ONLY YOUR DOCTOR CAN TELL YOU HOW SEVERE YOUR ASTHMA IS.

Acknowledging that your asthma is not well controlled is an important first step.

Whether you believe your asthma is well controlled or not, if you're experiencing asthma symptoms as part of everyday life, it's important to talk to your doctor.



DID YOU KNOW?

Up to 50% of people living with asthma who report persistent symptoms also consider their asthma to be completely or well controlled.



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CONTROL STARTS WITH UNDERSTANDING ASTHMA.

Keeping in touch with your doctor can help you stay up-to-date on the latest research and discuss how your asthma is truly impacting your life.

Download all 5 magazines dedicated to helping you understand your asthma at TheNextBreath.com/I-Have-Asthma



ISSUE 001
UNDERSTANDING
ASTHMA CONTROL



ISSUE 002
KNOWING YOUR
ASTHMA TYPE



ISSUE 003
TALKING WITH
YOUR DOCTOR



ISSUE 004
PLANNING FOR
ASTHMA CONTROL



ISSUE 005
STAYING
ON TRACK

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