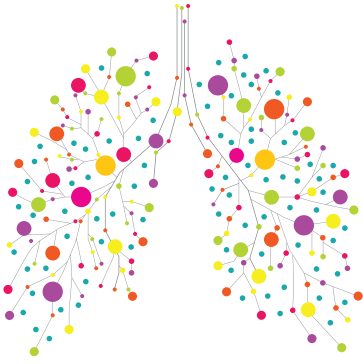


# How well is your asthma controlled?

Thinking back over the last month, please answer the following questions:

Have you:	Yes	No
Missed school or work days in the last month because of your asthma?	<input type="radio"/>	<input type="radio"/>
Woken up one or more nights a week because of your asthma?	<input type="radio"/>	<input type="radio"/>
Felt asthma symptoms on more than 2 days a week?	<input type="radio"/>	<input type="radio"/>
Had to use your reliever inhaler more than 2 times a week?	<input type="radio"/>	<input type="radio"/>
Had a hard time exercising or playing sports because of your asthma?	<input type="radio"/>	<input type="radio"/>
Recently had increase in asthma symptoms, an asthma attack or flare-up?	<input type="radio"/>	<input type="radio"/>

If you answer yes to one or more of these questions, your asthma is not well-controlled.



# The goal for people with **asthma** is to lead active healthy lives.

An important step to achieve this is to follow your healthcare provider's instructions and always take your daily controller therapy regularly. **Even if you have no asthma symptoms, continue taking your daily controller therapy.**

Follow the Asthma Action Plan given to you by your healthcare provider. If you don't have an asthma action plan, ask for one.

Know your asthma triggers and avoid them as much as possible.

Make sure you're using your inhalers properly. Bring them with you to your appointment and ask your healthcare provider to check that you're using them with the right technique. Ask if using a spacer with your inhaler would be right for you.

#### **Reference:**

Asthma Control in Canada Survey. The Lung Association, 2016.  
The Lung Association Asthma Action Plan. March 2018.  
Yang C et al. Canadian Journal of Respiratory, Critical Care, and Sleep Medicine, 2021.

#### **What is a controller?**

Treats inflammation and prevents asthma attacks. Has a lasting effect but may take time to work.

#### **What is a reliever?**

Works quickly to relieve asthma symptoms. Fast acting, to give quick relief from symptoms.