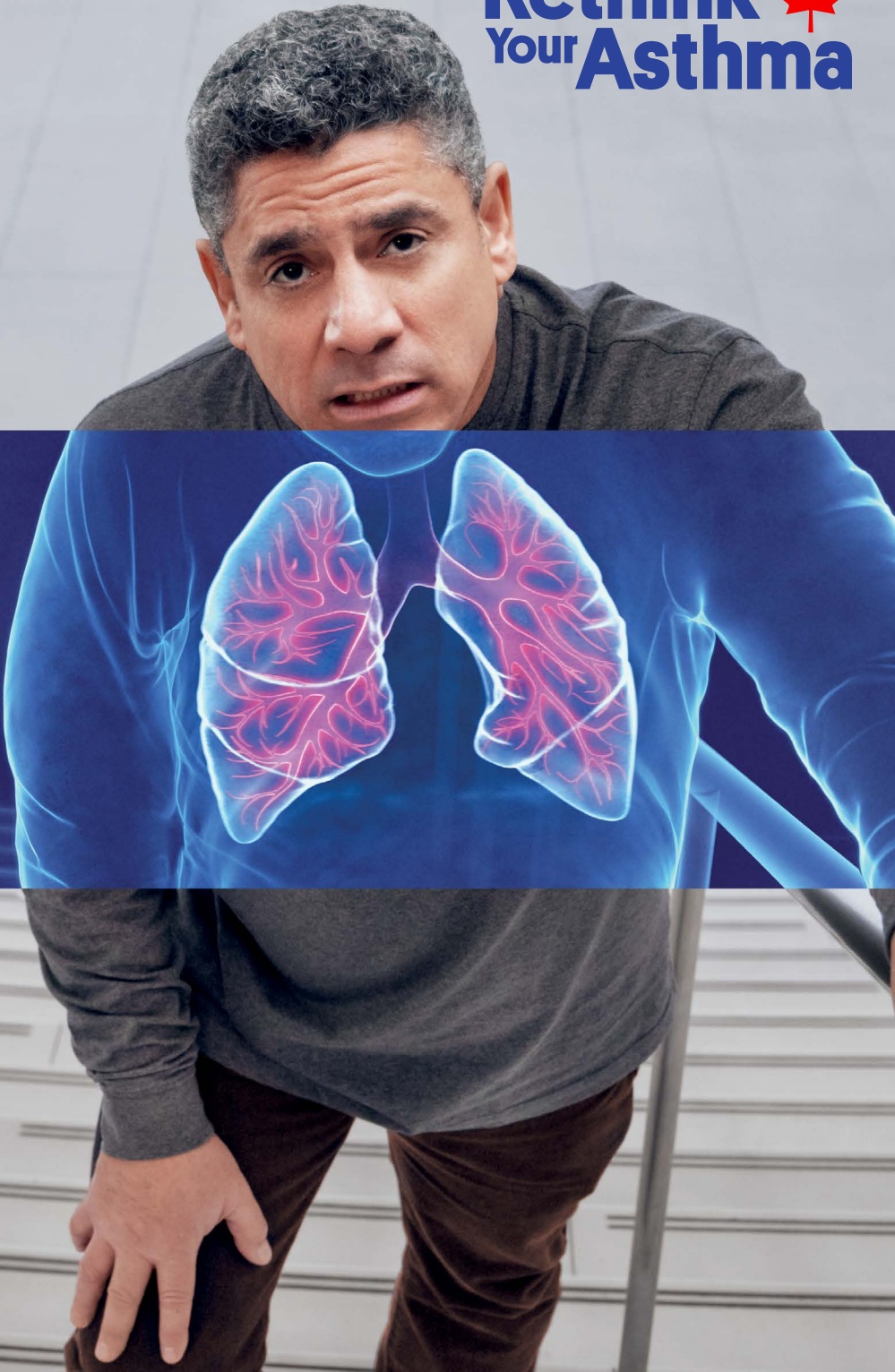


Rethink Your Asthma



IT'S TIME TO *RETHINK* WHAT YOU KNOW ABOUT *ASTHMA.*

Millions live with asthma symptoms as part of everyday life and have accepted it as “normal.” In Canada, where 3.8 million people live with asthma, a recent survey showed that, although almost half of respondents believed their disease was controlled, 60% reported trouble sleeping due to asthma symptoms and 65% reported avoiding exercise or physical activity due to asthma symptoms.

If you have experienced this condition for many years, you might think you've got your asthma under control, too. But if your symptoms keep you from doing the things you want to do—and even worse, keep coming back—it may be time to rethink what you know about asthma.

Because here's the truth: asthma is always there and can lead to permanent long-term lung damage.

That's why it's so important to talk to your doctor and learn more about the new understanding of asthma. Because the fact is, science is moving forward and it's time to rethink what you know about asthma.

“Sure it's hard
taking the stairs
with my asthma.
But that's
normal, right?”



18%

of people with asthma reporting severe persistent symptoms also considered their asthma to be controlled.

DO YOU KNOW HOW CONTROLLED YOUR ASTHMA REALLY IS?

If your asthma symptoms—including coughing, wheezing, chest tightness, and shortness of breath—are frequent and keep coming back, even though you take medication as prescribed by your doctor, you may have uncontrolled asthma.

Here are some signs of asthma that **is** under control:

- Experiencing daytime symptoms on <4 days per week
- Waking up at night due to asthma <1 night per week
- Normal physical activity on a daily basis
- Mild or infrequent exacerbations
- Attendance at work or school not impacted by asthma
- Need for a rescue inhaler <4 times per week

RETHINK
YOUR ASTHMA:
COULD IT BE **TYPE 2 ASTHMA?**



WHAT IS TYPE 2 ASTHMA [T2 ASTHMA]?

New understanding in asthma science confirms there are many types of asthma—and it's important to know your type.

T2 asthma is linked to a specific inflammatory response that can take place deep within your lungs, called type 2 inflammation. Two of the T2 asthma subtypes are called “eosinophilic” and “allergic.”

Type 2 inflammation is also associated with other allergic inflammatory diseases, such as chronic sinusitis with nasal polyps and eczema.

Knowing your asthma type may bring a new understanding to how you live with it.

A man with a mustache, wearing a grey plaid suit jacket over a dark blue shirt, is looking down at a birthday cake. The cake is decorated with white frosting, raspberries, and a single lit candle. The man's expression is one of contemplation or concern.

*“I just thought:
this is the way it is.
I didn't know what
having good asthma
control felt like.”*

TALK WITH YOUR DOCTOR.

MAKE A PLAN TODAY.

Being proactive about managing your asthma can lead to better outcomes and improved quality of life. This includes creating an Asthma Management Plan with your doctor, monitoring your symptoms, staying up to date about the latest asthma science, and taking all medications as prescribed by your doctor.

It's also important to be honest with your doctor, and here's why: an open conversation may positively influence the management of your asthma and help improve how you feel on a daily basis.

Use the short survey on the following page to get an open conversation started with your doctor.

FIND OUT HOW WELL CONTROLLED YOUR ASTHMA REALLY IS.

Complete this survey and share with your doctor.

- 01 You have asthma symptoms more than twice a week.
 Yes No
- 02 You have asthma symptoms that wake you up at night.
 Yes No
- 03 You use rescue [reliever] medications more than twice a week.
 Yes No
- 04 Your asthma symptoms are restricting your daily activity.
 Yes No
- 05 Which of the following best describes your outlook on asthma management?
 I'm willing to do whatever it takes to feel better.
 I often wonder if there are any other things that could help me.
 I don't know how to feel about what I'm doing to manage my asthma.

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