

Rethink 
Your Asthma

001

UNDERSTANDING
ASTHMA CONTROL

A SERIES OF 5 ISSUES TO HELP YOU
MANAGE YOUR ASTHMA

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



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

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 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 is a great first step to more successfully managing your asthma. And as always, if you have questions ask your doctor.

- » Assess and monitor your asthma: talk to your doctor about 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:

71%

of people with frequent daytime asthma symptoms describe their asthma control as “good” or “very good”

98%

say the ability to function normally is very important for their asthma management

DO YOU EXPERIENCE ANY OF THE FOLLOWING?

Your level of asthma control can be assessed based on how often your symptoms:

- » Occur during the day
- » Wake you in the night
- » Restrict daily activities such as sports, socializing and going outside
- » Cause you to use quick-relief rescue inhalers

If you experience any of the conditions above, talk to your doctor about your asthma control.



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

IS YOUR ASTHMA CONTROLLED?

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

- » Not using the right asthma medication that is best for you.
- » Not using your inhalers properly.
- » Not using your controller medication regularly.
- » Exposed to a trigger that is causing breathing problems.

HOW DOES ASTHMA IMPACT YOUR LIFE?

It's important to remember that asthma is a long-term condition and its symptoms, such as wheezing, shortness of breath, cough and/or chest tightness can be triggered by different sources. External triggers can include tobacco smoke, dust, chemicals, and pollen. Symptoms can also be caused by 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

*"I just thought
this is the way it is.
My asthma will
always be a
problem."*



ONLY YOUR
DOCTOR
CAN TELL YOU
HOW WELL
CONTROLLED
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?

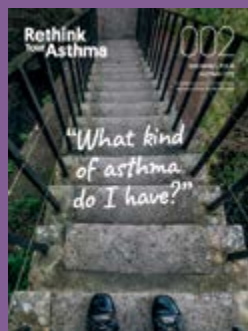
Less than 20% of people with asthma had an open discussion with their healthcare provider about how asthma affects their daily lives.

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.



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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