

*“I need a good
asthma plan, but
where do I start?”*



*“I think
I should talk
to my doctor.”*

TIME TO GET STARTED.

Although you sometimes feel like dealing with your asthma creates a barrier between you and your family, friends, and colleagues, it's important to know that you never have to feel alone. Creating a plan and talking to your doctor about how well your asthma is controlled may positively influence the management of your asthma.

A good Asthma Management Plan can help you achieve success in managing your symptoms and help establish positive habits that last a lifetime.

You already know how important it is to take your medications to stay ahead of your asthma—even on days you're feeling good. Your Asthma Management Plan will help you cover different ways you can optimize your asthma care and improve your success.

MANAGING YOUR ASTHMA: THE BIG PICTURE.

Creating a plan is critical to managing your asthma.

The more involved you are in creating your Asthma Management Plan, the more likely you are to stay on track. There are simple tricks to help you remember what you need to do to manage your symptoms day-to-day. This includes taking medications as prescribed by your doctor. Don't skip a dose (unless instructed by your doctor), and when in doubt, ask!



DID YOU KNOW?

Relaxation techniques can help reduce worry and stress. Examples include: yoga, deep breathing, and meditation.

ASTHMA ACTION PLANS CAN BE USEFUL.

BASED ON A 2019 SURVEY:

44%

of Canadians with asthma had never heard of an Asthma Action Plan


Over 50%

of those who have heard of it, use their action plan occasionally or regularly

MAKE A PLAN.

The best Asthma Management Plan is tailored specifically for you, and easy to follow. Whether it's a checklist or a worksheet, make sure you keep it action-oriented with a beginning, a middle, and an end. Your plan can include:

- » Daily medicines your doctor prescribes.
- » Medicines you take only if your symptoms get worse.
- » Your individual asthma triggers.
- » A daily journal to track your progress.
- » Emergency contact numbers of family, friends, and healthcare provider.
- » A personal "green/yellow/red" system to help identify symptoms. [For example, green means symptoms are well-managed, yellow means symptoms are present and you need to monitor them, red means get help immediately.]



“My asthma is a long-term thing. I like having a plan for the long term.”



“We’ll get through this together.”

ARE YOU THE CAREGIVER OF SOMEONE WITH ASTHMA?

As the caregiver of someone with asthma, it’s important to understand if their asthma is well controlled. If they’re taking medications as prescribed, and still experience:

- » Chest tightness, cough, shortness of breath, or wheezing twice a week or more
- » Waking up in the night due to coughing or other asthma symptoms more than once a week
- » Using rescue or “quick-relief” inhaler more than twice per week
- » Two or more asthma attacks in the past 12 months that required an oral steroid pill

...their asthma may be uncontrolled. Which means it’s even more important to talk to the doctor with them and create an Asthma Management Plan together.

And remember, a copy of their plan should go everywhere that person goes. This way school nurses, teachers, day care helpers, elder care centers, etc. will be aware of the condition and be prepared in case your loved one experiences symptoms.

PLANNING AHEAD IN 3 STEPS.

As you know, your asthma can be unpredictable. And you may avoid things because of the possibility of a serious attack. Identifying the 3 steps below can help you prepare and move forward with your plans.

- » **What do you want to do?**
Identify the activity or event you're thinking of skipping because you're concerned about an attack.
- » **Why do you want to do it?**
Think about why you would like to be part of the activity.
- » **What can you do to prepare?**
Write down any ideas you can think of that could help you plan for unexpected asthma symptoms during your activity.



DID YOU KNOW?

Incorporating your plan into your personal daily to-do's—brushing your teeth, washing your face, meditating, taking a walk, or eating breakfast—will help make it part of your daily routine.

“Being prepared helps me focus on my life, and not my asthma.”

MAKE A PLAN. TALK TO YOUR DOCTOR.

Together, you and your doctor can create an Asthma Management Plan to help you focus more on your life, and not just your asthma.

**Look for the next issue,
coming soon to your inbox.**



ISSUE 001
UNDERSTANDING
ASTHMA CONTROL



ISSUE 002
KNOWING YOUR
ASTHMA TYPE



ISSUE 003
TALKING WITH
YOUR DOCTOR



ISSUE 004
MAKING
A PLAN



ISSUE 005
STAYING
ON TRACK

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