



STAYING ON TRACK

A SERIES OF 5 ISSUES TO HELP YOU MANAGE YOUR ASTHMA





WHAT DOES IT MEAN TO STAY ON TRACK?

Staying on track is all about taking your medicine as prescribed and following the Asthma Management Plan developed with your doctor to manage your symptoms.

It's so important to remember to stay on track with all your medications as prescribed to treat your asthma – even when you feel better. Lack of adherence can worsen your condition and have serious consequences.

It's easy to become complacent once you begin to feel relief from your asthma symptoms. But it's important to remember that asthma is a chronic inflammatory disease – so it's always there. Your asthma medication is effective only when it's properly used, which means you need to follow an ongoing Asthma Management Plan even when you don't have any symptoms.

WHAT'S PREVENTING YOU FROM STAYING ON TRACK?

Recognizing your barriers and finding the best ways to address them is key to helping you stay on track. And remember, how you feel about your asthma and your medication can influence how well you follow your plan.

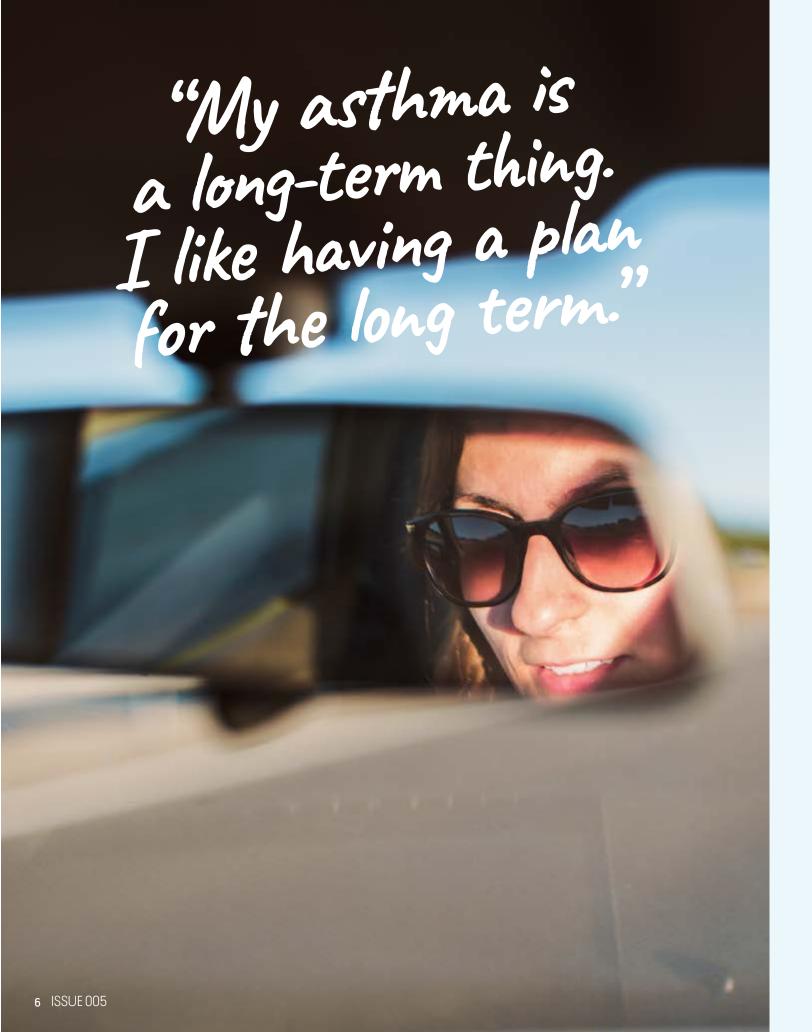
Some of the most common asthma misconceptions/barriers:

» Lifestyle

Changes in your schedule can make you forgetful, which may lead to missed doses of your prescribed medication.

- » Improvement of asthma symptoms When you feel better, you may think you no longer need to take your medications as prescribed.
- » Fear of perceived side effects Fear of long-or short-term side effects may cause you to reduce or stop your prescribed medication.
- » Believing asthma is temporary Believing your asthma is present only during flare-ups and using medication only when you have symptoms.
- » Improper inhaler use Unintentional misuse of your inhaler can lead to lack of compliance and efficacy.





STAYING
ON TRACK
IMPROVES
ASTHMA
OUTCOMES:

BASED ON A 2011 SURVEY,

394%

of Canadians living with asthma reported taking their regular medication at inappropriate times.



WAYS TO STAY ON TRACK.

Not following your Asthma Management Plan could result in poorer asthma control, which could increase the chance of a flare-up.

If you're experiencing difficulty following your plan, here are some potential ways forward:

» Information

Staying up to date on the latest asthma research and talking to your Care Team.

Self-monitoring

Regular assessment of triggers, symptoms, and flare-ups.

» Regular visits with your HCP

Your asthma is highly variable over time, and periodic monitoring is needed. It's also important to stay up-to-date on correct inhaler use.

» Action plan

Creating a personalized action plan with your HCP that is specific to your asthma and tells you what to do in case of a flare-up.

MAINTAIN THE MOMENTUM.

Following your Asthma Management Plan can help you more successfully manage your asthma.

By staying on track, you have the power to improve your asthma outcomes.



STAYING ON TRACK IS KEY.

Sticking with your plan to manage asthma means being mindful of your barriers, engaging fully with your support network, and following instructions from your doctor and Care Team.



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

