

Rethink 
Your Asthma

005

STAYING ON TRACK

A SERIES OF 5 ISSUES TO HELP YOU
MANAGE YOUR ASTHMA

*“I feel good about
staying on track.
What’s next?”*



A person wearing a red shirt is holding the handlebars of a mountain bike on a rocky trail. The background shows a sunset over a mountain range with a lens flare effect. The text is overlaid on the left side of the image.

“Sticking to my plan makes all the difference.”

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.



“Asthma never goes away. Which means I have to be consistent, too.”

A close-up photograph of a woman with dark hair and sunglasses, looking out of a car window. The background is a bright, slightly blurred outdoor scene. The text is overlaid on the top left of the image.

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

STAYING
ON TRACK
IMPROVES
ASTHMA
OUTCOMES:

BASED ON
A 2011 SURVEY,

39.4%

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



“I stick with my plan to stay as healthy as I can.”

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.



*“I feel like I’m
doing something to
stay on track with
my life.”*

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

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