Is your asthma out of control?

“RULES OF TWO” ™ can help you decide.

■ Do you take your quick-relief inhaler more than TWO times per week?

■ Do you wake up at night with asthma symptoms more than TWO times per month?

■ Do you refill your quick-relief inhaler more than TWO times per year?

If you answer “YES” to any of these questions, your asthma may not be in good control!

Contact your health care provider to review your treatment plan.

What should you expect from good asthma care?

To...

have an Asthma Action Plan
have no symptoms or minor symptoms of asthma, such as wheezing, coughing, shortness of breath or chest tightness
be able to take part in daily activities—including exercise or playing sports
have normal or near normal lung function
have few or no side effects from asthma medications
have no time off from school or work due to asthma
have no emergency room visits or stays in the hospital
sleep through the night without asthma symptoms
have a partnership with your health care provider on meeting your goals for good asthma care

Tips for working with your health care provider

• Take a list of questions to ask your provider.

• Ask the doctor to please tell you exactly what to do.

• If you are confused, ask the doctor to repeat the information or write it down for you.

• State what you expect at each visit—tell your doctor or asthma educator what you want from the visit.

• Make an Asthma Action Plan with your health care provider and follow it.

• Don’t agree to do something that you do not plan to do. Ask if another option is available. Unless your doctor is told that a treatment plan is hard for you, he or she will not know to make changes.

• Be sure to keep your doctor’s appointments, even if you are feeling fine. If you can’t make an appointment, contact your doctor in advance to set up another time.

The Rules of Two ™ is a registered trademark of the Baylor Health Care System.
Asthma Resources

Allergy & Asthma Network,
Mothers of Asthmatics Inc.
1-800-878-4403
www.aanma.org

American Academy of Allergy, Asthma,
& Immunology
1-800-822-2762
www.aaaaai.org

American Lung Association of The Midland States
1-800-LUNG-USA (1-800-586-4872)
National website: www.lungusa.org
Michigan website: www.alam.org

Asthma & Allergy Foundation of America
1-800-7-ASTHMA (1-800-727-8462)
www.aafa.org

Environmental Protection Agency
1-800-621-8431
Indoor Air Quality and Asthma Information:
www.epa.gov/asthma/publications
Outdoor Air Quality Information:
www.epa.gov/airnow

Asthma Initiative of Michigan
517-335-9463
www.GetAsthmaHelp.org

National Asthma Education
and Prevention Program
301-592-8573
www.nhlbi.nih.gov/about/naepp

National Jewish Medical
& Research Center
1-800-222-LUNG (1-800-222-5864)
www.njc.org

A Guide to Good Asthma Care

FOR HEALTHY LUNGS

website: www.GetAsthmaHelp.org