

Is your asthma out of control?

What should you expect from good asthma care?

Tips for working with your health care provider

TIPS

“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.

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

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



- 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.

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.aaaai.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



website: www.GetAsthmaHelp.org



A Guide
to Good Asthma Care

