

## Is your asthma out of control?

## What should you expect from good asthma care?

### To...

- have an Asthma Action/Management 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

“**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.

## 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 counselor 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.

# TIPS

# RULES OF TWO™

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# Asthma Resources

## Allergy & Asthma Network,

Mothers of Asthmatics Inc.  
1-800-878-4403  
[www.aanma.org](http://www.aanma.org)

## American Academy of Allergy, Asthma, & Immunology

1-800-822-2762  
[www.aaaai.org](http://www.aaaai.org)

## American Lung Association of Michigan

1-800-LUNG-USA (1-800-586-4872)  
National website: [www.lungusa.org](http://www.lungusa.org)  
Michigan website: [www.alam.org](http://www.alam.org)

## Asthma & Allergy Foundation of America

1-800-7-ASTHMA (1-800-727-8436)  
[www.aafa.org](http://www.aafa.org)

## Environmental Protection Agency

1-800-621-8431  
Indoor Air Quality and Asthma Information:  
[www.epa.gov/iaq/pubs/asthma.html](http://www.epa.gov/iaq/pubs/asthma.html)  
Outdoor Air Quality Information:  
[www.epa.gov/airnow](http://www.epa.gov/airnow)

## Asthma Initiative of Michigan

1-866-EZLUNGS (1-866-395-8647)  
[www.GetAsthmaHelp.org](http://www.GetAsthmaHelp.org)

## National Asthma Education and Prevention Program

1-301-251-1222  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## National Jewish Medical & Research Center

1-800-222-LUNG (1-800-222-5864)  
[www.njc.org](http://www.njc.org)



FOR HEALTHY LUNGS

website: [www.GetAsthmaHelp.org](http://www.GetAsthmaHelp.org)  
Call Toll Free: 1-866-EZ-LUNGS  
(1-866-395-8647)

*A Guide*  
to Good Asthma Care

