Smoking is Bad for You:

In addition to being harmful to your body in many ways, smoke from cigars, cigarettes, and pipes is especially harmful to the lungs of a person with asthma. Tobacco smoke is a powerful trigger of asthma symptoms.

Call: 1-866-NY-QUITS (1-866-697-8487) to find resources in your area that can help you quit for good.

How Can You Control Your Asthma?

• **Avoid Asthma Triggers:** Avoid any asthma triggers that can cause asthma symptoms or breakouts.

• **Asthma Action Plan:** Use an Asthma Action Plan prescribed by a physician. This guides you on how to adjust your medicines depending on your symptoms and peak flow readings.

• **Take Your Medication:** Take asthma medicine as prescribed by a doctor. “Controllers” are medicines that control asthma by preventing symptoms. “Relievers” are medicines that are fast acting to treat asthma symptoms.

• **Education:** The more you learn and know about your asthma and medicines to treat it, the better you’ll be able to work with your doctor to control your asthma.

Special Devices:

There are several different devices (or tools) that may help you control your asthma, and use your asthma medicine better. Ask your doctor about using a Peak Flow Meter, Spacer or Holding Chamber.

A **PEAK FLOW METER** is a device that can help you monitor your condition as part of your treatment.

**Asthma Education**

**Take Control of Your Asthma**

Contact: HIP’s Positive Actions Toward Health (PATH) Program for Asthma.

Call 1-888-881-3112 or TDD: 1-877-208-7920

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Asthma Education
Take Control of Your Asthma

Remember:

Every case of asthma is different and can take many forms. Each person’s treatment needs to be different too. You should always visit your doctor regularly and ask questions.

Know Your Peak Flow Zones:

GREEN ZONE
• 80%-100%: Asthma is in good control with no symptoms. Take your medication as usual.

YELLOW ZONE
• 50%-79%: You may be experiencing mild to moderate symptoms. Use your rescue medication as soon as possible.

RED ZONE
• Less than 50%: Signals a medical emergency. Take your rescue medication immediately and contact your doctor.

Asthma Is Classified Into Five (5) Groups Based on Severity:

1. Exercise-induced asthma, or exercise-induced bronchospasm, is typically experienced during periods of sustained physical activity.

2. Moderate persistent asthma is diagnosed when symptoms occur almost every day or when they frequently awaken you at night.

3. Mild intermittent asthma is diagnosed when mild symptoms occur twice a week or less and rarely awaken you at night.

4. Mild persistent asthma is diagnosed when symptoms occur several times a week or occasionally at night.

5. Severe persistent asthma indicates that symptoms occur almost continuously and can limit your activity level.

What Can YOU DO to Control Your Asthma?

ACT NOW! The best control of asthma starts with an Asthma Treatment Plan and early treatment for asthma problems. Serious problems may result if you delay treatment.

DON’T WAIT! If you are having severe breathing problems, or if your medication is not working, call your doctor. Always follow your doctor’s advice and if you cannot reach your doctor, go to the nearest hospital emergency room.

...It’s Better to be Safe than Sorry.

call 1-800-854-5729
or visit us @ betterlivingnow.com

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