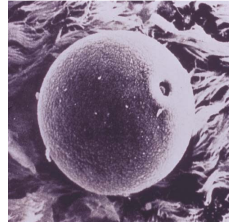
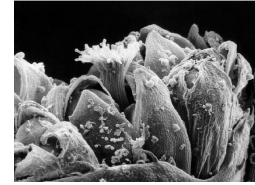




dust mite



grass pollen



ragweed pollen

IS YOUR ASTHMA UNDER CONTROL? TAKE THE “RULES OF TWO”™ QUIZ

- ▶ Do you use your quick-relief inhaler more than **TWO** times per week?
- ▶ Do you awaken 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 answered yes to any of these questions,
your asthma may not be in control.

Rules of Two is a trademark of Baylor Health Care System



HOW CAN YOU TAKE CONTROL OF YOUR ASTHMA?

1. Make an appointment to see your physician if you answered yes to any of the above questions
2. Ask your doctor for a written treatment plan to help manage your disease
3. Discuss and write down what your medications are, which are quick-relief, which are control medications, how often you should take each, how to use them and what results you should expect from each and what side-effects might be experienced
4. Discuss with your doctor how often you have your symptoms and what triggers them. Know the early warning signs of an attack and what to do before one occurs
5. Speak with your doctor or AAFA-TX to discover how you can identify and get rid of environmental asthma triggers
6. Ask your doctor if you require a Spirometry test (painless and quick) to test how well your lungs are working. Learn how to, and use, a peak flow meter to check lung function daily at home. Keep a diary of PFM readings and symptoms and share this with your doctor and school nurse.