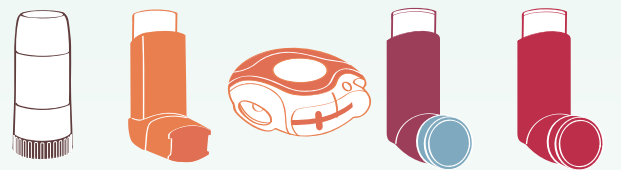
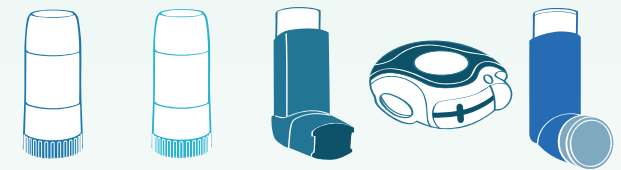
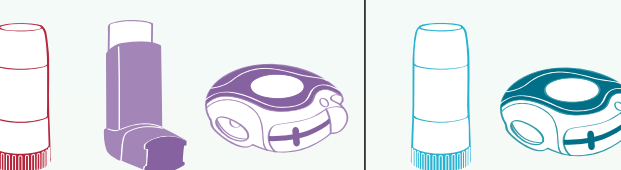
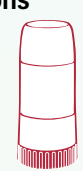


Act now, and aim for no symptoms!

It's important for people with asthma to aim for no asthma symptoms. Use this tool to help you tell if your asthma is getting worse and know what to do if it is. The key to well-controlled asthma is to act as soon as symptoms appear.¹

- The section below, *Medication Devices*, identifies the different medications that are available to treat asthma. Have your doctor or pharmacist circle the medication(s) you have been prescribed. On the other side there is space for you to list the medications you have been prescribed and write down instructions on how to use them.
- On the other side there is also a checklist of asthma symptoms that you may find are acting up. Use the checklist each day to make sure you have good control over your symptoms. Lastly, two websites which offer asthma action plans have been listed, and can be downloaded to your computer.
- Once you have chosen one of the action plans, share it with your doctor or your asthma care specialist so that, together, you can make a plan that works for you. Your asthma action plan is your key to getting back in control of your asthma if your asthma acts up.

Medication Devices

DAILY	<p>CONTROLLER/maintenance medications</p>  <p>Pulmicort® Turbuhaler® Flovent® HFA Inhalation Aerosol Flovent® Diskus® Qvar® Alvesco® Inhalation Aerosol</p>	DAILY + RESCUE	<p>Quick RELIEVER bronchodilators / rescue medications</p>  <p>Bricanyl® Turbuhaler® Oxeze® Turbuhaler® Ventolin® HFA Inhalation Aerosol Ventolin® Diskus® Airomir™ HFA Inhalation Aerosol</p>
	<p>COMBINATION medications</p>  <p>Symbicort® Turbuhaler® Advair® Inhalation Aerosol Advair® Diskus® Oxeze® Turbuhaler® Serevent® Diskus®</p> <p>Long-acting RELIEVER bronchodilator medications</p>		<p>CONTROLLER & RELIEVER bronchodilator / single inhaler maintenance & reliever medications</p>  <p>Symbicort® Turbuhaler®</p>
		OTHER	

Are you taking your asthma medicines according to your doctor's instructions?

My medicines	How to take them

Check Your Symptoms Every Day!

Remember, people with asthma should aim for NO symptoms!¹

Is your asthma acting up today?

Are you bothered by^{1,2}

- Shortness of breath? Cough?
 Wheeze? Chest tightness?

Do asthma symptoms or any of the above cause you to^{1,2}

- Awaken at night?
 Not participate in usual activities?

If you have any of the symptoms listed on the left, your asthma is acting up!²

You must take extra medicine as instructed.

Your extra medicine is:

If your breathing difficulty scares you, call 911²

If your asthma continues to *act up* and requires more medication for 2 days in a row, or 3 or more times in a week – follow your **Action Plan**^{1,2}

My Asthma Action Plan

To download your action plan, visit one of the following addresses:

Asthma Society of Canada http://www.asthma.ca/adults/control/pdf/AsthmaActionPlan_ENG.pdf

Family Physicians of Canada <http://www.canahome.org/files/vol48-aug-resources-1.pdf>

If your asthma often acts up and you are following your action plan, ask your doctor whether your asthma treatment needs to be changed.²

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1. The Global Initiative for Asthma (GINA). 2009 update of the GINA Report, Global Strategy for Asthma Management and Prevention. Available at: <http://www.ginasthma.com/Guidelineitem.asp?i1=2&i2=1&intId=1561>. Accessed February 22, 2011.
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