

BE THE BOSS OF YOUR ASTHMA








IS ASTHMA AFFECTING YOUR LIFE?

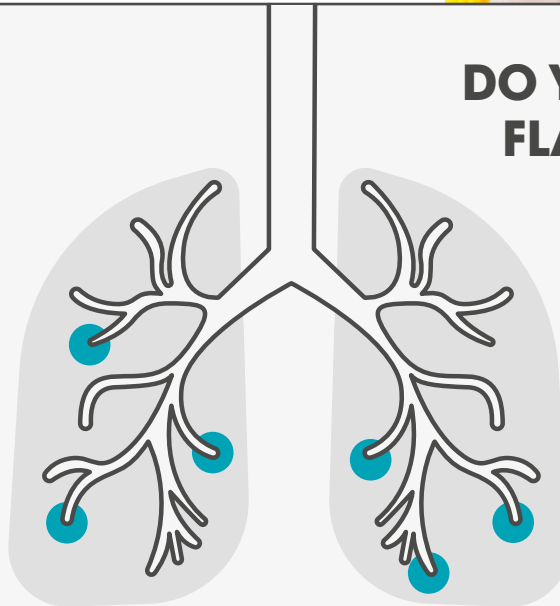
There could be more to your asthma than you know. You have been taking your medications and following doctor's orders. You avoid known triggers for flare ups. But no matter what you do, your asthma is still not controlled, it interferes with your quality of life.

Figuring out which type of asthma you have may be the key to getting the appropriate treatment and getting better control of your asthma.¹



TAKE A CLOSER LOOK AT YOUR SYMPTOMS.

-  Wheezing²
-  Coughing²
-  Difficulty Breathing²
-  Tightness in Chest²
-  Nighttime Awakenings¹



DO YOU FEAR ANOTHER FLARE-UP FROM THESE TRIGGERS?

- Weather⁴ 
- Dust/Pollen⁴ 
- Infections/Colds⁴ 
- Pet Dander⁴ 
- Odors/Fragrances⁴ 
- Stress/Strong Emotions⁴ 
- Cigarette Smoke Exposure⁴ 
- Exercise⁴ 
- Food Allergies/Additives³ 



USE THIS CHECKLIST TO ASSESS WHETHER YOUR ASTHMA IS UNDER CONTROL.

IF YOU CHECK ONE OR MORE BOXES, YOU MAY HAVE HARD-TO-CONTROL ASTHMA.⁵

MORE THAN 2 TIMES EVERY WEEK

- Have asthma symptoms
- Use a quick relief or rescue inhaler
Don't count when used to prevent symptoms while exercising.

MORE THAN 2 TIMES EVERY MONTH

- Nighttime awakenings

MORE THAN 2 TIMES EVERY YEAR

- Refill your quick relief or rescue inhaler
- Visits to the emergency room for asthma symptoms

ARE YOU STRUGGLING WITH YOUR ASTHMA NO MATTER HOW MANY INHALERS YOU TRY?

NOT ALL ASTHMA IS ALIKE. SOME TYPES ARE HARDER TO CONTROL.

Your asthma may be one of several kinds that are harder to control, such as the newly-identified “phenotypes” [fee-nuh-tahyps].⁶

Researchers recognize that there are different subtypes of hard-to-control asthma; one of them is called S.E.A., or Severe Eosinophilic Asthma.⁶

S.E.A. happens when high levels of white blood cells called eosinophils trigger inflammation in the lungs and airways.⁶

A standard complete blood test can help determine your eosinophil count. This may help your doctor diagnose whether you have S.E.A.⁷

TAKING CONTROL BEGINS WITH YOU.

Sometimes you can get so used to asthma interrupting your life, it becomes normal to you. It's time to take an honest look at what's really going on.



Monitor symptoms, triggers and how you feel overall.⁸



Keep a record of how often your asthma flares up.⁸



Talk to your doctor about:

- How asthma is affecting your daily life
- How you are taking your medications, including proper inhaler techniques
- Types of severe uncontrolled asthma, such as S.E.A.¹

SHOW YOUR ASTHMA WHO'S THE BOSS.

You don't have to surrender to hard-to-control asthma, including S.E.A.

Realize there may be more you and your doctor can do to identify your particular type of asthma and control your symptoms.

By working with your asthma specialist, you may find the appropriate treatment and greater symptom relief.¹



FOLLOW THESE STEPS.



Fill out the free **Doctor Visit Checklist** for your next appointment at www.bethebossofyourasthma.com.



Tell your **doctor** if your current treatment is not controlling your symptoms well.



Find out if you have **S.E.A.** Ask to get your blood eosinophils levels measured.⁷ If your primary care doctor is not able to measure these, it is OK to ask to see a specialist.



Ask about other **long-term control medications**, such as dry powder inhalers, metered dose inhalers, nebulizers, bronchodilators, anti-inflammatory drugs and biologics.⁹



Don't settle. Keep on asking until your symptoms are under control and you are the boss of your asthma.

GET BACK IN CHARGE.

Learn more about hard-to-control asthma and S.E.A. at:
www.bethebossofyourasthma.com



Developed in partnership with:



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