



**Asthma is the 8th most common chronic condition in the United States.**  
 If your child has asthma, it is important to understand asthma symptoms and how they may affect your child's normal daily activities.



**ASTHMA SYMPTOMS  
 ASSESSMENT**

**Very Poorly  
 Controlled**



**ADDITIONAL  
 ASTHMA FACTORS**

**Allergies = Yes**

**Non-Allergic Triggers = Yes**

**Your child has symptoms that may indicate asthma that is *very poorly controlled*.**

**First make sure your child is taking asthma medications as your doctor has prescribed.  
 Then ask your child's doctor if your child's medications need to be adjusted.**

If your child has a history of severe asthma attacks, make sure you have a written action plan from your doctor for what to do when symptoms get worse.

**About Asthma**

The two defining features of asthma are inflammation and oversensitivity of the airways in the lungs.

With asthma, the airways twitch, narrow and become plugged with sticky mucus.

The first signs of asthma in young children may be recurrent wheezing triggered by a respiratory virus.

As children grow older, asthma associated with respiratory allergies is more common.

**Managing Asthma Symptoms**

Asthma is a long-term disease that can't be cured. In some people asthma symptoms occur only occasionally (intermittent asthma). Other people have asthma symptoms all the time (persistent asthma) and need to take medications every day whether they have symptoms or not.

*Asthma is treated with two types of medicines:*

1. Quick-relief "rescue" medicines relieve asthma symptoms when they flare up. People who have asthma symptoms only with exercise take them before exercising to prevent symptoms.
2. Long-term control medicines are taken every day by people with persistent asthma to help reduce airway inflammation and prevent symptoms before they happen.

Symptom Control IMPAIRMENT	Well Controlled	Not Well Controlled	Very Poorly Controlled
<b>Symptoms:*</b> <i>3 or more days a week</i>		●	
<b>Interference with normal activity:**</b> <i>Some limitation</i>		●	
<b>Nighttime awakenings:*</b> <i>2 to 3 times per week</i>			●
<b>Rescue inhaler use:*</b> <b>(not with exercise)</b> <i>Several times per day</i>			●
<b>Lung function:</b> <i>Peak flow 60% to 80% of personal best</i>		●	

Symptom Control RISK	Well Controlled	Not Well Controlled or Very Poorly Controlled
<b>Asthma attacks: (oral steroids)</b> <i>4 or more (past 12 months)</i>		●

The most severe score on the table determines the assessment result.  
 \*past 2 to 4 weeks

**Need help finding a physician?**  
 See the last page of the report for information.