What are the Differences in Asthma Control?

Your doctor will assess the control of your asthma based on the frequency and type of your symptoms. Specifically, your doctor will ask questions to learn how frequently you experience wheezing, coughing, shortness of breath, and/or chest tightness to determine how well controlled your asthma is.

**SYMPTOMS**

- **Daytime symptoms more than 2 times per week**
- **Symptoms that wake you up at night**
- **Use of reliever medication more than twice a week**
- **Daily activity that is limited due to asthma**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Description</th>
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<tbody>
<tr>
<td>0 x per week</td>
<td>If you don't exceed the frequencies for these symptoms, your asthma is: <strong>well controlled</strong></td>
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<tr>
<td>1-2 x per week</td>
<td>If you experience any of these symptoms 1-2 times more frequently than indicated, your asthma is <strong>partly controlled</strong></td>
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<tr>
<td>3-4 x per week</td>
<td>If you experience any of these symptoms 3-4 times more frequently than indicated, your asthma is <strong>uncontrolled</strong></td>
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If you have two or more exacerbations (asthma attacks/flare-ups) or one hospitalization during 1 year, even if all your other symptoms are controlled, you still fall into the uncontrolled category.

Based on how well controlled your symptoms are, your doctor will then choose from three classifications of medications used to treat asthma.

**Inhaled corticosteroids**
Decrease inflammation in the airways of your lungs and prevent asthma flare-ups.

**Bronchodilators**
Relax the bronchial muscles that tighten around the airways, letting more air come in and out of the lungs. These can be used as maintenance or rescue therapies.

**Biologics**
Injected medications that block selectively the inflammation that triggers asthma symptoms.

**IMPORTANT:** Having uncontrolled asthma symptoms increases the risk for future exacerbations (asthma attacks/flare-ups).

Learn more at foundation.chestnet.org/patient-education-resources/asthma

If you have any of these conditions, be sure to talk to your asthma specialist about them so that you obtain a coordinated, up-to-date and effective treatment plan.