



**50.0%**

Average percentage of adults with current asthma who had uncontrolled asthma in previous years



**38.4%**

Average percentage of children with current asthma who had uncontrolled asthma in previous years

## WHAT IS UNCONTROLLED ASTHMA?


Uncontrolled asthma means that you continue to be bothered by your asthma symptoms despite your current treatment. It also means that you may be frequently using rescue inhalers or nebulizers often and that you still experience increased shortness of breath, new wheezing, limited tolerance for exercise, or you are waking up at night short of breath. Such worsening symptoms may have driven you to the doctor, urgent care center, or emergency department.

## WHY IS MY ASTHMA UNCONTROLLED?

Common causes of uncontrolled asthma include:

- missing doses of your inhaler(s) or not using the inhaler correctly
- exposure to cigarette smoke and secondhand smoke
- respiratory viruses and infections
- environmental allergies
- indoor allergens, such as dust or cockroaches
- exposure to occupational irritants, such as chemical fumes
- use of over-the-counter pain relievers, including aspirin and NSAIDs, such as ibuprofen (Advil, Motrin)

## HOW CAN I HELP KEEP MY ASTHMA CONTROLLED?



The best way to get and keep your asthma under control is to follow your health-care provider's treatment exactly as prescribed. Staying compliant with your inhaler(s) is of paramount importance. You need to use your maintenance inhalers consistently to help improve your breathing and quality of life.

Other steps you can take to get – and keep – your asthma under control are:

- Have routine follow-up visits with your doctor.
- Stop smoking and avoid secondhand smoke.
- Practice good handwashing, particularly during the winter months and avoid sick friends and family.
- Get a flu shot every year.
- Remove rugs, carpets, and curtains at home, and use protective mattress covers if your asthma is effected by allergies.
- Avoid aspirin or NSAIDs (ibuprofen) medications. Use acetaminophen (Tylenol) for pain relief.
- Don't eat foods you are allergic to.
- Lose weight and maintain a healthy diet.
- Avoid exposure to furry animals or pets if you are allergic to them.

Learn more by going to:

[www.chestnet.org/Foundation/Patient-Education-Resources/Asthma](http://www.chestnet.org/Foundation/Patient-Education-Resources/Asthma).