


Asthma Levels of Severity

Your health-care provider will discuss your current asthma condition in terms of its level of severity. There are 4 levels of asthma severity. The thing to remember is that most patients don't reach a certain level and stay there.



Asthma changes over time in response to triggers. That means your level of severity can go up or down at any time. This is why it is so important to keep monitoring and managing your asthma—even when it seems to be under control.

CHARACTERISTICS				
	Intermittent Asthma	Mild Persistent Asthma	Moderate Persistent Asthma	Severe Persistent Asthma
Daytime symptoms	Less than 3 times a week	3-6 times a week	Every day	Continuously throughout the day
Nighttime symptoms	Less than 2 times a month	3-4 times a month	5 or more times a month but not each night	Every night
Use of rescue inhaler	2 or fewer days a week	More than 2 days a week, but not daily	Daily	Several times a day
Limitations	No limitations to activities of daily living	Minor limitations to activities of daily living	Increased limitations to activities of daily living (more than 2 times per week)	Extreme limitations to activities of daily living