

# Goals of Asthma Care

The symptoms of asthma can change from day to day or month to month. You can feel fine one minute and have trouble breathing the next. This change can be frustrating and can make you feel out of control.

**Your asthma can be controlled** with effective asthma management. People with asthma should be able to sleep well at night and be active all day. The goals of asthma care include:

- Using a quick-relief (rescue) inhaler no more than 2 days a week
- Preventing chronic and troublesome asthma symptoms
- Having normal activity levels
- Preventing asthma attacks
- Less need for emergency room or hospital visits due to asthma
- Maintaining (near) normal lung function
- Reduced or no side effects from medicines



## You have a key role in controlling your asthma

- Work with your doctor to set goals for managing your asthma. Do your part to meet these goals. This includes following your Asthma Action Plan.
- Take your long-term controller medicine every day as directed by your doctor.
- Be aware of your asthma triggers and avoid them when possible.
- Use your quick-relief medicine as directed by your doctor.

Work with your doctor to develop an effective asthma management plan.  
**Asthma CAN be controlled, and you CAN enjoy an active life.**