

Use the Stepwise Program for Better Control of Your Asthma

This program was created by the National Asthma Education and Prevention Program.

Being Stepwise about asthma means understanding your symptoms and making sure your medication matches your symptoms

Answer yes or no to the questions below. Your answers will help you and your Provider decide which Step best explains your asthma symptoms.

Bring these answers with you to your next PCP appointment. Together you can decide which Step is right for you.

Ask yourself...

Yes / No

Do my asthma symptoms occur less than twice a week?

Do I rarely have an asthma attack?

Do I seldom have nighttime asthma symptoms?

If you answered yes to the above questions your asthma is considered **Step 1**

Yes / No

Do my asthma symptoms occur less than once a day but more than twice a week?

Do my asthma attacks affect my activity?

Do my nighttime symptoms occur more than twice a month?

If you answered yes to the above questions your asthma is considered **Step 2**

Yes / No

Do my asthma symptoms occur daily?

Do my nighttime symptoms occur more than once a week?

Do my asthma attacks affect my activity, lasting several days?

If you answered yes to the above questions your asthma is considered **Step 3**

Yes / No

Do my asthma symptoms occur continually – meaning day and night – with limited activity and frequent attacks?

If you answered yes to the above question your asthma is considered **Step 4**

Ask your Provider the following list of questions.

- How would you classify my asthma?
- What treatment options are available based on my classification?
- How do I know if my asthma is under control?
- Can I maintain normal activity levels?
- What do I do if I have an asthma attack?
- Is there anything I can do to prevent an asthma attack?
- What is the best action plan for me?
- Can my current asthma treatment plan be reduced if my symptoms are under control?

Living as symptom-free as possible is the ultimate goal for asthma patients.

“ Be safe, Be Smart, Be Stepwise About Asthma.”

Safety reminders:

Avoid respiratory infections! Ask your Provider if you have been vaccinated against Bacterial Pneumonia. Flu season begins in October and continues through February. Talk to your Provider about being vaccinated early in the season.

Cigarette smoking causes an increase in asthma severity, reduces your response to medication and creates a greater decline in overall lung function.

Exposure to tobacco smoke increases the frequency and severity of asthma symptoms in children.

If you smoke, the best thing you could do for yourself and your family is to stop.