

ASTHMA CONTROL IN CANADA™ SURVEY

NATIONAL SURVEY FINDS ASTHMA IS NOT WELL-CONTROLLED BY MOST CANADIANS WITH ASTHMA^{±1}



93%
do not have their
asthma under control



41%
do not exercise
at all because of
their asthma



33%
miss school, work, or
other social activities
due to asthma



43%
miss out on life
activities because
of their asthma

IS YOUR ASTHMA WELL CONTROLLED? HAVE YOU²



Missed school or
work days in the
last month due
to your asthma?



Woken up one or
more nights a
week because
of your asthma?



Had asthma
symptoms four
or more days
a week?



Used your reliever
inhaler four or
more times
a week?



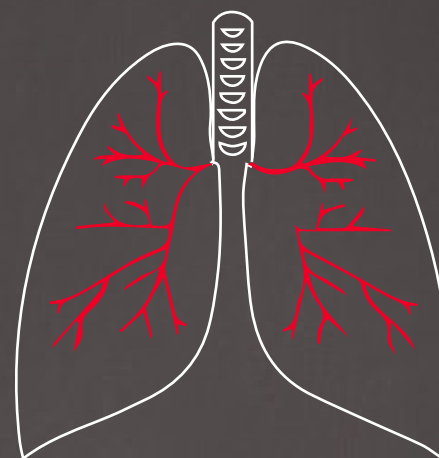
Had difficulty
exercising or
playing sports due
to your asthma?



Recently had
asthma flare-ups?

**IF YOU ANSWER YES TO ONE OF THESE QUESTIONS,
YOUR ASTHMA MAY NOT BE UNDER CONTROL.**

AN ASTHMA ACTION PLAN TELLS YOU²



Which symptoms you should watch for

What your symptoms mean

How to adjust your medication according to your symptoms

When to call the doctor or 911



**IF YOU'RE EXPERIENCING ANY SYMPTOMS
OF POOR ASTHMA CONTROL, SEE YOUR
HEALTHCARE PROFESSIONAL AND ASK FOR
A WRITTEN ASTHMA ACTION PLAN THAT
CAN HELP YOU MANAGE YOUR SYMPTOMS**

AVAILABLE AT LUNG.CA/ASTHMA



**FOR MORE INFORMATION ON PROPER
ASTHMA CONTROL, CALL THE LUNG
LINE TOLL-FREE TO SPEAK TO A
CERTIFIED RESPIRATORY EDUCATOR:
1.866.717.2673**

BREATHE
the lung association

BREATHING *as* ONE.