



The one thing you
can do TODAY to

*breathe
easier*

for the
rest of
your life.



Beyond the rescue inhaler

Controlling your asthma is more than just knowing what to do when you have an attack. Taking a daily control medicine, as prescribed by your doctor, can not only prevent asthma attacks but help you behind the scenes by making it easier to breathe. That way, you feel healthier and can be more active, every day.

TWO KINDS OF MEDICINE

A rescue inhaler is your quick relief medicine when you feel an asthma attack coming on. Your daily control medicine is your prevention medicine, helping reduce the swelling and irritation in your airways, so you are less likely to have serious breathing problems.

TREATING ASTHMA EVERY DAY

Each time a person takes daily control medicine, it works to help prevent asthma symptoms for only one day. That's why it is important to keep taking this type of asthma medicine every day, even when you are feeling fine.

CHECKING IN WITH YOUR DOCTOR

Anytime you are having problems with asthma, let your doctor know. Even if you are not having any asthma problems, be sure to see your doctor at least once a year (or more often if your doctor says so). During a checkup, your doctor can make sure that you are taking the right amount of daily control medicine and will test how well your lungs are working.

IF YOU INVEST IN YOUR HEALTH
today and every day by taking
your asthma control medication,
you'll feel healthier, miss less
work and reduce the chance of
asthma attacks and expensive
emergency room visits.

If you'd like
personalized, free
support for managing
your asthma, join the
ODS Respiratory Care
Coaching Program:

PHONE 503-948-5548

TOLL-FREE 877-277-7281

TTY 800-433-6313

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