

# Is your asthma under control?



## UNDERSTAND YOUR ASTHMA

**Asthma is caused by the airways in your lungs getting inflamed. It can affect people in many different ways and symptoms can change over time. Asthma is a long-term condition that needs regular treatment, mainly inhalers, to prevent day-to-day symptoms and reduce the chance of you having an asthma attack.**

Your asthma symptoms should not interfere with your daily activities. If you are experiencing asthma symptoms then you should speak to your asthma team. Some people have 'severe' asthma, which doesn't respond to usual treatments and needs to be treated by an asthma specialist.

## WHAT IS UNCONTROLLED ASTHMA?

Uncontrolled asthma could mean that a person has difficulty breathing and they are at-risk of life-threatening flare-ups or asthma attacks. Signs of you having uncontrolled asthma are:

- > Waking up at night because of asthma symptoms
- > Getting asthma symptoms 3 or more times a week
- > Using your reliever inhaler 3 or more times a week
- > Having frequent asthma attacks or chest infections.



If you're having difficulties controlling your asthma symptoms, you should speak with your asthma team. You may require new or different asthma treatments to be taken with your regular asthma medication. Your asthma team will discuss the best treatment options with you, what to do if your asthma symptoms get worse and provide you with a written personalised asthma action plan.

## WHAT CAN YOU DO?

Make sure you have a regular asthma check-up, usually yearly with your asthma team. You should also use your inhalers every day as prescribed, eat healthily and exercise regularly to help control your asthma.

As well as speaking to your asthma team, you can also use the **Asthma UK asthma tool** (see link below) to help better understand your asthma and know if you should speak to your asthma team about a referral to a specialist.

Once you understand your asthma better, and if it is uncontrolled, there are options available to you to help bring your asthma under control.

## ASTHMA BIOLOGICS

If you are referred to see a specialist in a hospital, you may be eligible for asthma biologics treatment. These are usually taken alongside your daily asthma treatments. They help reduce asthma symptoms and asthma attacks by blocking pathways and cells in the body that lead to lung inflammation and uncontrolled asthma.

## WHAT SHOULD YOU DO NEXT?

If you are having asthma symptoms or you are having asthma attacks, despite taking your prescribed asthma treatments you may have severe asthma.

**Contact your asthma team today to discuss what can be done to help you. There may be other treatments that can help you manage your asthma.**



For more information, please visit:  
[www.asthma.org.uk/advice/severe-asthma/  
could-you-have-severe-asthma/](http://www.asthma.org.uk/advice/severe-asthma/could-you-have-severe-asthma/)

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