

Ideal Person with Asthma

Know your Goals

- Know your Action Plan
- Use your Albuterol less than 2 times a week (unless you have exercise-induced asthma – then no greater than once daily)

Lifestyle Modifications

- Exercise at least 30 minutes for at least 5 days a week.
- Achieve your ideal body weight. Yours is _____ lbs. Losing as little as 5 pounds will result in an improvement in lung function.
- **STOP SMOKING**
- Sleep for at least 8 uninterrupted hours a day
- Stress reduction using exercise or yoga

Routine Laboratory Testing

- Pulmonary Function Test when diagnosed, then every 1-5 years
- Pneumonia Vaccine every 10 years
- Flu Vaccine once a year

Medications (checked if prescribed)

Dose

- Inhaled Steroid _____
- Albuterol/Xopenex _____
- Anti-Histamine _____
- Singulair _____
- Multivitamin _____

Medications for Asthma Exacerbation (checked if prescribed)

- Oral Steroid _____
- Antibiotic _____