

IF YOU HAVE
ASTHMA

WHEN IS QUICK RELIEF NOT ENOUGH?

DO YOU...

↳ **HAVE ASTHMA SYMPTOMS OR TAKE YOUR QUICK RELIEF INHALER**

MORE THAN **TWO** TIMES PER WEEK?

↳ **AWAKEN AT NIGHT WITH ASTHMA SYMPTOM**

MORE THAN **TWO** TIMES PER MONTH?

↳ **REFILL YOUR QUICK RELIEF INHALER**

MORE THAN **TWO** TIMES PER YEAR?

↳ **MEASURE YOUR PEAK FLOW AT LESS THAN**

TWO TIMES 10 (20%) FROM BASELINE WITH ASTHMA SYMPTOMS?



RULES OF TWO™ If you answer YES to any of these questions, current guidelines suggest you talk with your physician about adding an inhaled anti-inflammatory to improve your asthma control.

 **BAYLOR**
Martha Foster Lung Care Center
Baylor University Medical Center at Dallas

If you're already taking an inhaled anti-inflammatory and still answer "yes" to "Rules of Two", contact the Martha Foster Lung Care Center at Baylor at **1.800.4BAYLOR** or speak with your health care provider about additional therapy to help you get back in control of your asthma.

For more information on managing your asthma visit: **BAYLORHEALTH.COM/DALLASASTHMA** and click on eBook to view an interactive asthma education book.