

# Take the Asthma Control Test now to help you better control your asthma

The American Lung Association recommends **everyone 12 years of age and older** with asthma take the Asthma Control Test, no matter how well controlled you think your asthma is.

Your answers to this 5-question quiz will provide you a score that may help you and your doctor determine if your treatment plan is working or if it might be time for a change.

## How to take the Asthma Control Test

**Step 1.** Write the number of each answer in the score box provided.

**Step 2.** Add up each score box for your total.

**Step 3.** Take the test to your doctor to talk about your total score.

1. In the past **4 weeks**, how much of the time did your **asthma** keep you from getting as much done at work, school or at home?

All of the time	<b>1</b>	Most of the time	<b>2</b>	Some of the time	<b>3</b>	A little of the time	<b>4</b>	None of the time	<b>5</b>	SCORE
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2. During the past **4 weeks**, how often have you had shortness of breath?

More than once a day	<b>1</b>	Once a day	<b>2</b>	3 to 6 times a week	<b>3</b>	Once or twice a week	<b>4</b>	Not at all	<b>5</b>
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3. During the past **4 weeks**, how often did your **asthma** symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

4 or more nights a week	<b>1</b>	2 or 3 nights a week	<b>2</b>	Once a week	<b>3</b>	Once or twice	<b>4</b>	Not at all	<b>5</b>
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4. During the past **4 weeks**, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

3 or more times per day	<b>1</b>	1 or 2 times per day	<b>2</b>	2 or 3 times per week	<b>3</b>	Once a week or less	<b>4</b>	Not at all	<b>5</b>
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5. How would you rate your **asthma** control during the **past 4 weeks**?

Not controlled at all	<b>1</b>	Poorly controlled	<b>2</b>	Somewhat controlled	<b>3</b>	Well controlled	<b>4</b>	Completely controlled	<b>5</b>
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The American Lung Association supports the Asthma Control Test™ and wants everyone 12 years of age and older with asthma to take it.

TOTAL

# What does my score mean?



**19 or less**

- If you scored 19 or less, it may be an indication that your asthma is not under control.
- Make an appointment to discuss your Asthma Control Test score with your doctor and ask if you should change your asthma management plan.
- Ask your doctor about daily long-term medications that can help control airway constriction and inflammation, the two main causes of asthma symptoms. Many people need to treat both of these components of asthma on a daily basis for the best asthma control.

**20 or more**

- If you scored 20 or more, your asthma seems to be well controlled, but you should discuss your Asthma Control Test score with your doctor at your next appointment.
- Asthma is unpredictable. Your asthma symptoms may seem mild or nonexistent, but they can flare up at any time.
- Take the Asthma Control Test periodically no matter how good you feel, and continue to see your doctor on a regular basis to ensure you are taking the necessary steps to keep your asthma in control.

expect **more**



When your asthma is controlled, you should expect to be **MORE** active and have **LESS** symptoms