

# 3 WAYS TO TAKE ACTION TODAY!



## Be asthma aware

For more information about asthma, and helpful ways to keep from symptoms interrupting your life,<sup>9,10</sup> visit:

[www.actdontreact.gsk.com](http://www.actdontreact.gsk.com)



## Take the ACT

An online Asthma Control Test is a quick and easy way to find out your level of asthma control. Take the test and share the results with your doctor.<sup>13</sup>

[www.asthmacontroltest.com](http://www.asthmacontroltest.com)



## Speak to your doctor

Make an appointment to see your doctor for a treatment review. Be sure to mention any symptoms you've been having, share your ACT scores and speak about daily asthma treatment.



## Share #ActDontReact

By sharing #ActDontReact on social media, you can help spread the word and raise asthma awareness.

### References:

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# DON'T WAIT FOR ASTHMA SYMPTOMS TO STRIKE

# ACT DON'T REACT<sup>1-4</sup>

## Asthma symptoms can get in the way of enjoying life— so why not address them?<sup>5</sup>

The problem is, asthma symptoms can creep up so gradually, you don't always notice them.<sup>6</sup> Before long, wheezing when you exercise, or waking in the night with a tight chest becomes your “normal”.<sup>7</sup>

That's why it's advisable not to wait for symptoms to strike – and talking to your doctor is the best place to start.

THINK: **ACT** <sup>1-4</sup> **DON'T REACT**

Daily asthma treatment with a controller medication containing ICS as prescribed by your doctor helps protect your airways from inflammation,<sup>8</sup> so there's less chance asthma symptoms will interrupt your life.<sup>9,10</sup> Add daily treatment to your routine and you may notice the benefits.<sup>8-10</sup>

Speak to your doctor about a treatment review today and take a step closer to enjoying life uninterrupted.<sup>9,10</sup>

ICS - Inhaled Corticosteroids  
SABA - Short-Acting Beta agonist

Rescue inhalers are designed to offer rapid relief when you need it – they may also help to monitor your asthma control,<sup>7</sup> along with the measures mentioned below.

In the past 4 weeks, have you:<sup>7</sup>



Used your **SABA reliever for symptoms** more than twice a week?



Experienced **night waking** due to asthma?



Experienced **daytime symptoms** more than twice a week?



Had to **limit activity** due to asthma?

If you answered yes to any of the above, your asthma may not be under control and it could be time for a treatment review.<sup>7,11,12</sup>

**Speak to your doctor today.**