

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 symptoms **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 add an inhaled anti-inflammatory to improve your asthma control and reduce the chance of being hospitalized or even dying from asthma. If you’re already taking an inhaled anti-inflammatory and still answer “**yes**” to “**Rules of Two**”, speak with your health care provider about additional therapy to help you get back in control of your asthma.



“Rules of Two” is brought to you by the North Texas Asthma Consortium.
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