

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

More than once a day	1	Once a day	2	3 to 6 times a week	3	Once or twice a week	4	Not at all	5
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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	1	2 or 3 nights a week	2	Once a week	3	Once or twice	4	Not at all	5
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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	1	1 or 2 times per day	2	2 or 3 times per week	3	Once a week or less	4	Not at all	5
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5. How would you rate your **asthma** control during the **past 4 weeks**?

Not controlled at all	1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Completely controlled	5
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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