

# WHY do I need to talk to my doctor about my Asthma?

Do I really need to talk to you about it?  
I'm breathing fine.

You might be surprised!

Asthma can still be a problem even when you feel okay.



## Needing a steroid burst (like prednisone) is a warning sign

If you have needed an oral steroid burst (pills or syrup) for an asthma flare, it can mean your asthma is not well controlled. After one flare, you have a better chance of more flares.



## Steroid bursts affect the whole body

Over time, steroid bursts can increase your risk of problems like high blood pressure, high blood sugar (diabetes), weight gain, bone thinning (osteoporosis), and infections.



## Steroid bursts add up over the years

Steroids can be lifesaving when needed. But every time you have another steroid burst it raises your chances for health problems that could make your life shorter, like diabetes and heart disease.



## Asthma attacks can slowly reduce the health of your lungs

Lungs will change with age, but having poorly controlled asthma can speed that process up. Using steroid puffers as your doctor tells you can help you prevent flare-ups and is just as important as treating them.



## Airway changes can be hard to undo

Poorly controlled asthma can lead to airway changes (a bit like scarring) over time. Going to your doctor at the first sign of problems can help you breathe better and keep your airways healthy for life.



## Knowing your "lung numbers" matters

A lung function test can give you your "lung numbers," like checking your blood pressure. If you have asthma, breathing tests to check lung function are a part of life-long asthma control.

### Contact your doctor if you:

- Have had an ER visit or hospital stay for asthma in the last year
- Have needed two or more oral steroid (prednisone or prednisolone pills or syrup) bursts in the last year

### Your Doctor's Phone #:



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