

Asthma Control Test – Children over 12 years of age and Adults

Assessment of asthma control in children over 12 years of age and adults¹

Please answer the following set of questions by circling either yes or no.

Has your asthma awakened you at night or early morning more than 1 to 3 times per week recently?	Yes
	No

Are you using your blue inhaler on more than 2 days per week?	Yes
	No

Is your asthma limiting your daily activities in any way?	Yes
	No

Have you needed any urgent medical care for your asthma such as unscheduled visits to your doctor, an urgent care clinic or an emergency room?	Yes
	No

If you are measuring your peak flow, has it been below your personal best?	Yes
	No

If you have answered yes to any of the questions above, your asthma may not be as well controlled as it could be. Symbicort SMART may help you control your asthma better.

Please print out this assessment and discuss the results with your doctor.

¹Adapted from the 2007 NIH Asthma Guidelines available from <http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.htm>