

Rules of Two

How Do You Identify Lack of Asthma Control?

Indicators of uncontrolled asthma might include:^{1,2}

☐ **Using short-acting beta₂-agonist (SABA) reliever**
More than **2** times per week for symptom relief

☐ **Refilling SABA medication**
More than **2** times per year

☐ **Awakened at night with asthma symptoms**
More than **2** times per month

☐ **Oral corticosteroid use**
More than **2** times per year

If you answer "yes" to one or more questions, your asthma may not be well controlled. Plan a visit with your healthcare provider and share your results.



LUMA

Learn to Understand and
Manage Severe Asthma



<https://luma-edu.com/>

1. American Lung Association. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/managing-asthma/asthma-control>. Accessed March 21, 2025.
2. Allergy & Asthma Network. <https://allergyasthmanetwork.org/what-is-asthma/asthma-management-and-control/>. Accessed March 21, 2025.