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ASTHMA CONTROL

The more you know, the better you can feel. ©

It's very important to tell your doctor exactly how you are feeling. The problem for many patients with asthma is they do not really know what it feels like to breathe normally. That's why we ask detailed questions when caring for asthma patients.

Some of the questions I ask my patients to determine how they are doing include: Do you wake up from sleep wheezing or coughing? Were your activities limited by breathing difficulties? How often are you using a quick reliever to open your lungs? Do you have a morning cough with too much mucus in your throat? Are you short of breath when exercising? Do you wheeze, cough or feel tight in the chest even though you are taking all your medications? Finally, how well controlled is your asthma?

I also use these criteria below to determine if your asthma is under good control.¹

	GOOD CONTROL	NOT CONTROLLED	POOR CONTROL
SYMPTOMS (wheeze, cough, short of breath)	No coughing, wheezing, shortness of breath or chest tightness	Coughing or wheezing less than 2 days per week	Coughing, wheezing and shortness of breath <u>every day</u>
SYMPTOMS AT NIGHT	Rare – less than 1 time per <u>month</u>	Nighttime symptoms more than 2 times per <u>month</u>	Nighttime symptoms more than 2 times per <u>week</u>
ACTIVITY	No symptoms with exercise	Minor limitation of activities	Extremely limited activities
QUICK RELIEVER Albuterol	Used Albuterol less than 2 days per week	Used Albuterol More than 2 times per week	Used Albuterol More than 2 times per day
TESTS FEV-1 Peak Flow FeNO (child) FeNO (adult)	> 80% predicted > 80% predicted < 20 ppb < 25 ppb	60% - 80% 60% - 80% 21 – 35 ppb 26 - 50 ppb	< 60% predicted < 60% predicted > 35 ppb > 51 ppb

¹ Busse, W. et al. Expert Panel-3 (EPR-3): Guidelines for the Diagnosis and Management of Asthma-Summary Report 2007. J Allergy Clin Immunol 2007;120:S120.

Control your asthma, so asthma doesn't control you. ©

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