
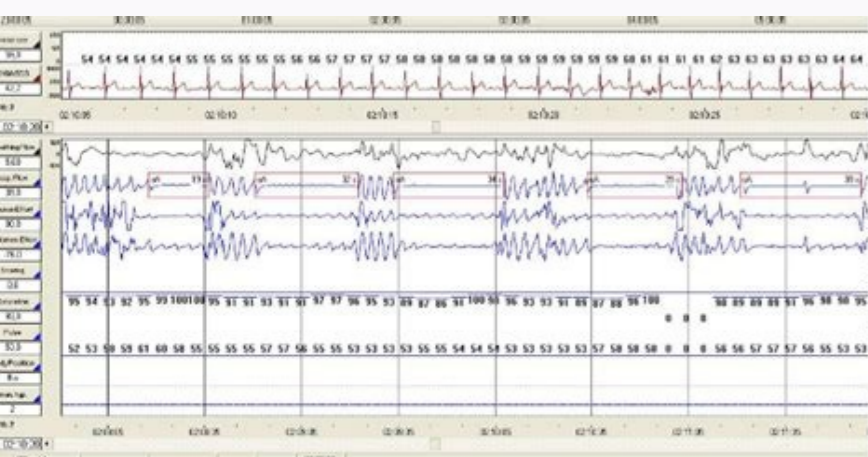


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Treatment guidelines for exercise induced asthma



Personal Report for Asthma Management

Name: _____ Date: _____

Medical record #: _____ Physician phone number: _____

Patient goal: _____

Important! Your triggers to avoid: _____

Personal best peak flow: _____

The colors of the traffic light will help you use your asthma medicines.

- Green means: Go Zone!** Use preventive medicine.
- Yellow means: Caution Zone!** Add quick-relief medicine.
- Red means: Danger Zone!** Get help from a physician.

GO Use these daily preventive anti-inflammatory medicines.

Medicine	How much	How often/daily

CAUTION Continue with green Go Zone medicine and add:

Medicine	How much	How often/daily

DANGER Take these medicines and call your family physician now.

Medicine	How much	How often/daily

Get help now! Do not be afraid of causing a fuss. Your physician will want to see you right away. It's important! If you cannot contact your family physician, go directly to the emergency room. **DO NOT WAIT.** Make an appointment with your family physician within two days of an emergency room visit or hospitalization.

Physician's signature: _____

How to alleviate exercise induced asthma. How to run with exercise induced asthma. How to get an inhaler for exercise induced asthma. Best medication for exercise induced asthma.

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