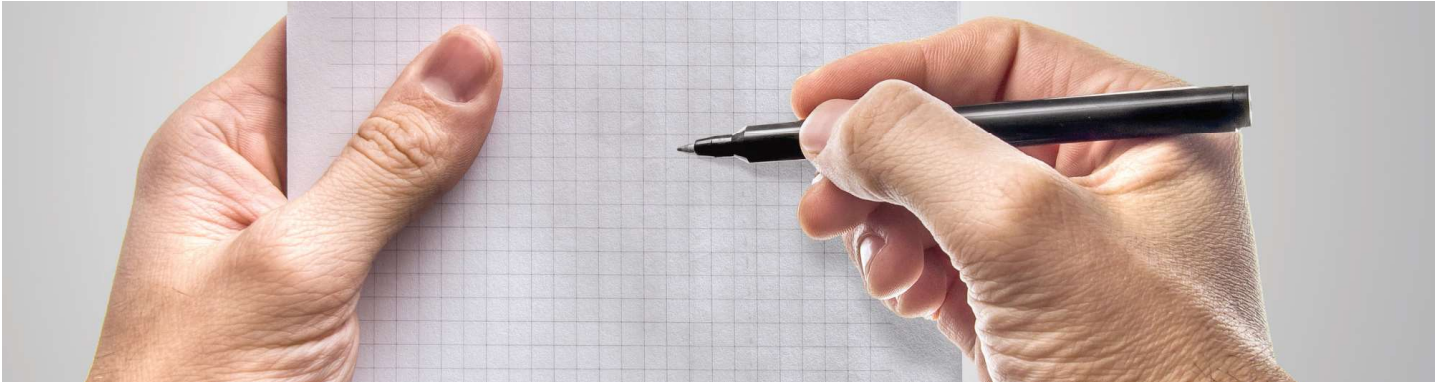


My Asthma Diary



Keeping Track of Your Asthma

What is an asthma diary?

An asthma diary is a form that allows you to track asthma symptoms, medication use, peak flow meter readings and asthma triggers.

The benefits of using an asthma diary

By tracking this information, you and your healthcare provider will get a good picture of how well your asthma is controlled. When you are first diagnosed with asthma or when changes are made to your medications, the diary can help you find out if your treatment plan is working. Tracking your possible asthma triggers will help you figure out which ones may be causing symptom. Have your healthcare provider show you how to use it.

How to use an asthma diary?

Information	»Write your name, healthcare provider's name and phone number, and the month.
Symptoms	»Whenever you have symptoms, enter a "1" for mild, "2" for moderate, or "3" for severe. <i>If you ever have severe symptoms, call 911 or go to a hospital.</i>
Medication	»List each medication including dose and time you normally take them. »Mark every time you take a medication.
Peak Meter Flow	»If you use a peak flow meter, chart the best of three readings every morning and night.
Triggers	»List your known and suspected asthma triggers. »Place a checkmark (✓) whenever you are in contact with one.

If you have any regular symptoms or if your peak flow readings are below normal, see your healthcare provider and a Certified Respiratory Educator to find out how you can get your asthma under control.

Get the Support You Need

Connect with us if you have any questions about using the diary or asthma in general.

Call the Lung Helpline to speak to a Certified Respiratory Educator.

1-833-385-LUNG (5864)

The content of this guide is based on current available evidence and has been reviewed by medical experts. It is provided for informational purposes only. The views set out in this guide are those of the authors and do not necessarily reflect those of Lung Saskatchewan. The information is general in nature and is not intended to be a substitute for sound clinical judgment. Seek the advice and expertise of your healthcare provider on any questions you may have about your health.

