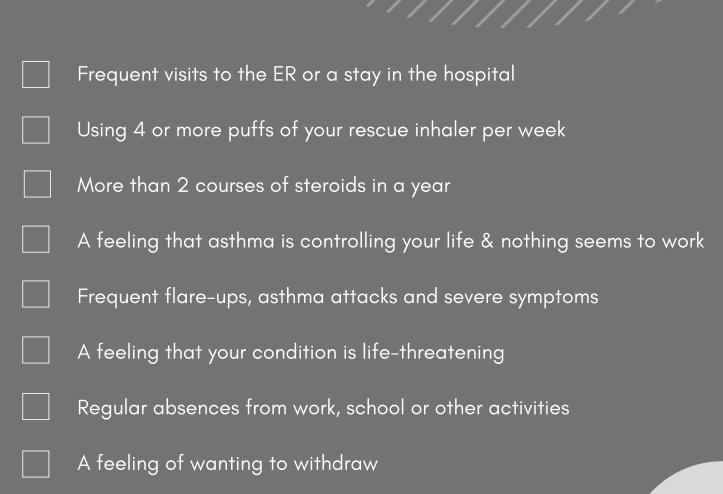
ASTHMA RED FLAGS





ASTHMA YELLOW FLAGS

Feeling frightened, frustrated or angry due to asthma
A need to make too many lifestyle compromises
Over-reliance on a caregiver
Negative impacts on your family or relationships
Unable to be as active as desired or unable to keep up with peers
Prioritising reliever medication over controllers
Fear of medications or side-effects, or not taking medication properly
Symptoms indicative of more serious disease including chest pain, nighttime symptoms, increased breathlessness, inability to walk up stairs, feeling of an elephant on your chest, coughing that prevents you from continuing your activities, constant wheezing, or fatigue
Diagnosed with other conditions that make asthma worse or difficult to control, such as: nasal polyps, chronic sinusitis or rhinitis, anaphylactic food allergy, obesity, obstructive sleep apnea or sleep disordered breathing, gastroespohageal reflux, upper airway dysfunction, other respiratory conditions, and psycho-social factors such as stress, anxiety, or depression
Too many negative side affects such as weight-gain,irritability, mood changes, facial swelling, or insomnia