

KNOW WHEN TO GET HELP FOR YOUR ASTHMA



Dr. Bubak, a Board Certified Allergist at Dakota Allergy and Asthma, developed this simple guide to help you determine when you (or your child) should be seen for your asthmatic symptoms. If you have ever asked yourself any of the following questions use the guide below to determine the next steps to controlling your asthma.

DO YOU WONDER WHEN YOU SHOULD SEE YOUR PHYSICIAN FOR YOUR ASTHMA?

I'm using my rescue inhaler more than I'd like
- what do I do?

Should I go back to the doctor?

How bad does it have to get before I
see my doctor again?

What do I do if it gets worse?

IS YOUR ASTHMA ACTION PLAN WORKING?

I USE MY INHALER:
2X or LESS
PER WEEK

YES
Your plan is
working

**CONTINUE
TREATMENT**
Be sure to get
a yearly exam
to evaluate
your asthma
management

I USE MY INHALER:
3X or MORE
PER WEEK

NO
Your plan is
not working
well

**STEP UP
ASTHMA
PREVENTION
NEEDED**
Seek follow-up
treatment

I USE MY INHALER:
4X per DAY

NO
Your plan is
not working
at all

**SEEK CARE
NOW**
Your asthma is not
being controlled
with your current
action plan

**IF YOU EXPERIENCE ANY OF
THE FOLLOWING ISSUES:**

My wheezing is worse even after using my
inhaler (after 15 min.)

My lips or nails are turning blue.

My nostrils are flaring each time I breathe in.

I am taking 30 or more breaths per minute.

Talking or walking at a normal
pace is difficult.

The skin between my ribs or at the base
of my throat appears stretched every time
I breath in.

**SEEK
EMERGENCY
CARE**
Your asthma is
not controlled

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