Frequent visits to the ER or a stay in the hospital

Using 4 or more puffs of your rescue inhaler per week

More than 2 courses of steroids in a year

A feeling that asthma is controlling your life & nothing seems to work

Frequent flare-ups, asthma attacks and severe symptoms

A feeling that your condition is life-threatening

Regular absences from work, school or other activities

A feeling of wanting to withdraw