

Asthma Patient BILL OF RIGHTS

As a patient with asthma, you have the right to:

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Strive for complete control of your asthma.*

Complete control of asthma means exactly what it sounds like — a life free of symptoms and limitations. You should be aiming for:

- 🔀 Zero symptoms
- y Zero nighttime awakenings
- Zero time lost from school, work and play
- **y4** Zero exercise limitations
- y Zero emergency room visits
- Zero time spent in hospital because of asthma
- Zero side effects from asthma medications
- 2 Discuss your personal targets in asthma management with your doctor or health-care advisor.
- 3 Access accurate and up-to-date information/ advice about asthma and its management, and participate in decisions about your care.

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Access appropriate medications as needed.

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Access asthma and health-care services in a timely manner, including physician appointments and treatments in hospitals anywhere in Canada.



Access regular asthma assessments with scheduled follow-up visits without waiting for an emergency.

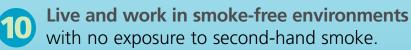


Access spirometry/ lung-function testing in the primary health-care setting.



Access referral to an allergist for assessment and testing when required.

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- Access asthma education programs anywhere in Canada.



*According to the guidelines of the Global Initiative for Asthma (GINA): www.ginasthma.org



To learn more about asthma or the Asthma Society of Canada, visit WWW.asthma.ca or call 1-866-787-4050