



# BREATHE: A daily asthma journal



**LUMA**<sup>TM</sup>

**Learn** that asthma is a chronic disease of airway inflammation

**Understand** that the immune system can be an underlying cause of asthma

**Manage** the role you play in your asthma care

Visit [luma-edu.com](https://luma-edu.com) to learn more about understanding and managing severe asthma



# An Asthma Journal: A Tool for Understanding Your Asthma<sup>1</sup>



An asthma journal helps YOU collect information about YOUR ASTHMA, which will help your healthcare provider develop a personalized ASTHMA ACTION PLAN



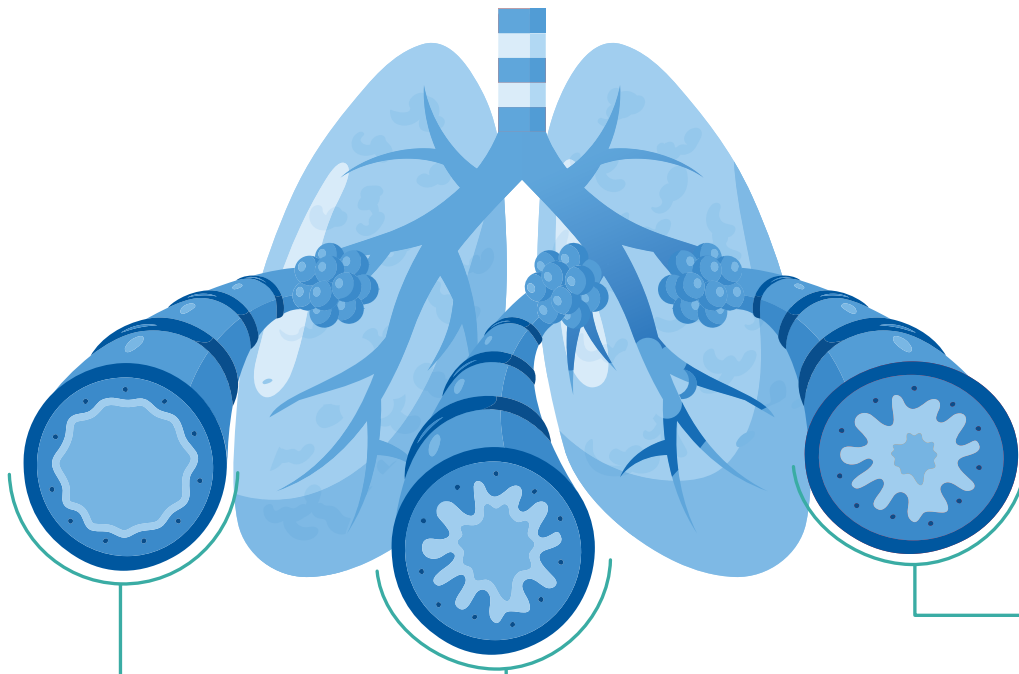
## Using Your Asthma Journal

- Use it to keep track of your asthma symptoms, medication use, triggers, peak flow readings, and outcomes
- Incorporate it into your routine by filling it out every day, **especially during periods of poor symptom control and when trying new therapies<sup>2</sup>**
- Use it to identify new asthma triggers at work or home<sup>2</sup>
- Use it after a change in treatment to monitor your response<sup>2</sup>
- **Take it with you to your next doctor's appointment** and review it with your healthcare provider to develop or update your Asthma Action Plan

# Asthma Is a Lung Disease That Can Cause Difficulty Breathing<sup>3-5</sup>

- Asthma is a chronic lung disease that is usually characterized by airway inflammation<sup>3,4</sup>

- Asthma can cause airway inflammation, heightened airway sensitivity (“twitchiness”), and sudden airway narrowing (sometimes called bronchoconstriction)<sup>3,4,6</sup>



Normal airway, without inflammation or constriction<sup>5,6</sup>

During an asthma attack or “exacerbation,” irritants can cause increased inflammation, tightening of the airways, and mucus production that further narrow the airways<sup>4-6</sup>

In patients with asthma, airways are overly reactive to irritants and triggers, leading to inflammation that can make it hard to breathe<sup>5</sup>



# Be Able to Recognize the Hallmark SYMPTOMS of Asthma<sup>8-13</sup>

## What Symptoms You Should Record



- What your symptoms are and how severe they are
- Days and times that symptoms occur – note patterns, if any

Use this space in the journal to record your symptoms

Outcomes		Signs/Symptoms							
Missed school or work?	Unplanned medical visit?	Wheeze	Cough	Shortness of breath	Activity limitation	Sleep disturbance			
		✓	✓		✓				



**Wheeze:** Has been described as a musical, high-pitched, or whistling noise that is most often heard when breathing out<sup>9</sup>



**Activity limitation:** Reduced body movement. This can include not being able to go to work or school or activities of daily living such as dressing and grooming<sup>12</sup>



**Cough:** In asthma, cough usually sounds dry and is unproductive<sup>10</sup>



**Sleep disturbance:** Can include finding it hard to go to sleep, broken sleep during the night, early morning awakenings, and increased daytime sleepiness<sup>13</sup>



**Shortness of breath:** An experience of breathing discomfort; also described as “breathlessness”<sup>11</sup>



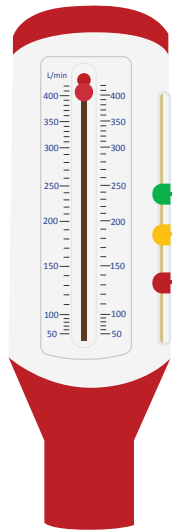
# At-Home PEAK FLOW Measurements Can Help Show if Your Asthma Is Getting Worse<sup>15,16</sup>



## What Peak Flow Measurements Should You Record

- Record your daily peak flow scores
- Compare them to your personal best peak flow

Peak flow measurements are based on your “personal best” and are split into three zones corresponding to the three zones of the Asthma Action Plan<sup>15-17</sup>



**Green zone:** 80–100% of your best reading. Follow your regular medication plan

**Yellow zone:** 50–80% of your best reading. Caution indicates that your asthma is worsening. Follow your medication instructions to get back to your green zone

**Red zone:** < 50% of your best reading. Medical alert; get medical advice and attention immediately

Use this space in the journal to record your personal best peak flow measurements

Personal Best Peak Flow	500
80-100% =	450
50-80% =	300
Below 50% =	200

Signs/Symptoms					Medications <small>(Add number of times taken/day)</small>			Daily Peak Flow	
Wheeze	Cough	Shortness of breath	Activity limitation	Sleep disturbance				AM	PM
								500	520
								500	460
								430	400
								410	400
								440	450

Use this space in the journal to record your daily peak flow measurements

Scan this QR code to watch a video on how to measure your peak flow<sup>17</sup>



# How to Know if Your Asthma Is Controlled

## The Rules of 2

If you answer “yes” to one or more questions, your asthma may not be well controlled:<sup>18</sup>

**Awakened at night with asthma symptoms**

More than **2** times per month

When? (date):

\_\_\_/\_\_\_/\_\_\_

\_\_\_/\_\_\_/\_\_\_

**Use of acute asthma relief inhaler**

More than **2** times per week

\_\_\_/\_\_\_/\_\_\_

\_\_\_/\_\_\_/\_\_\_

**Refilling acute asthma relief inhaler medication**

More than **2** times per year

\_\_\_/\_\_\_/\_\_\_

\_\_\_/\_\_\_/\_\_\_

**Oral corticosteroid use**

More than **2** times per year

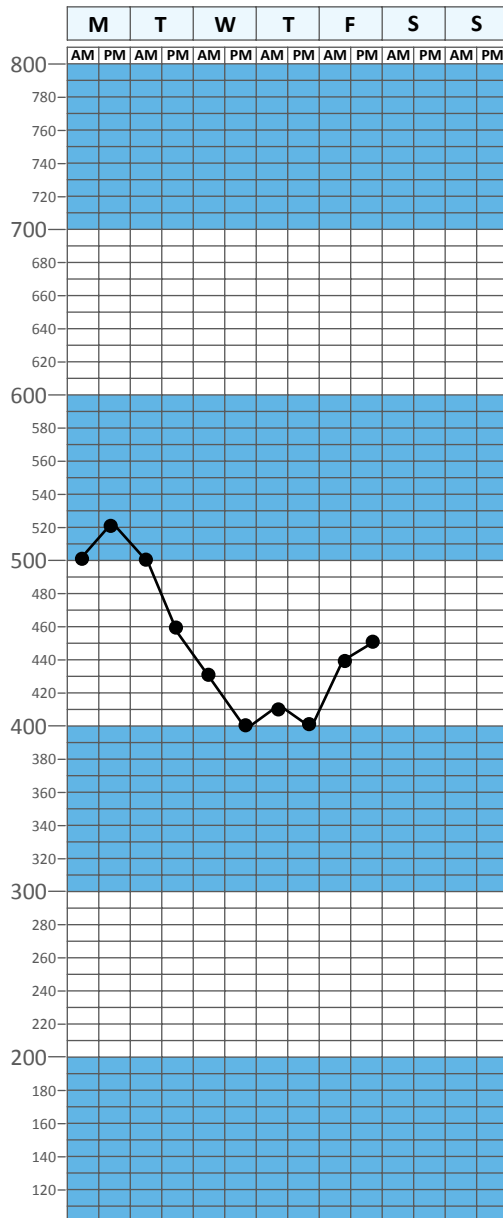
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# Graphing Your Peak Flow Measurements



Knowing the pattern of your peak flow measurements is more important than a single measure.<sup>19</sup>

**Use this space in the journal to graph your peak flow measurements**

## How to Graph

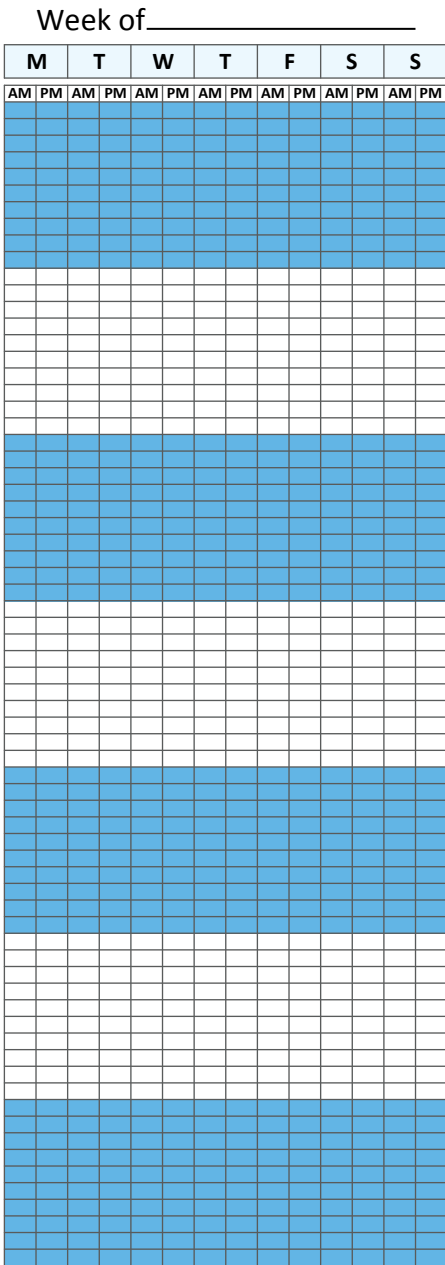
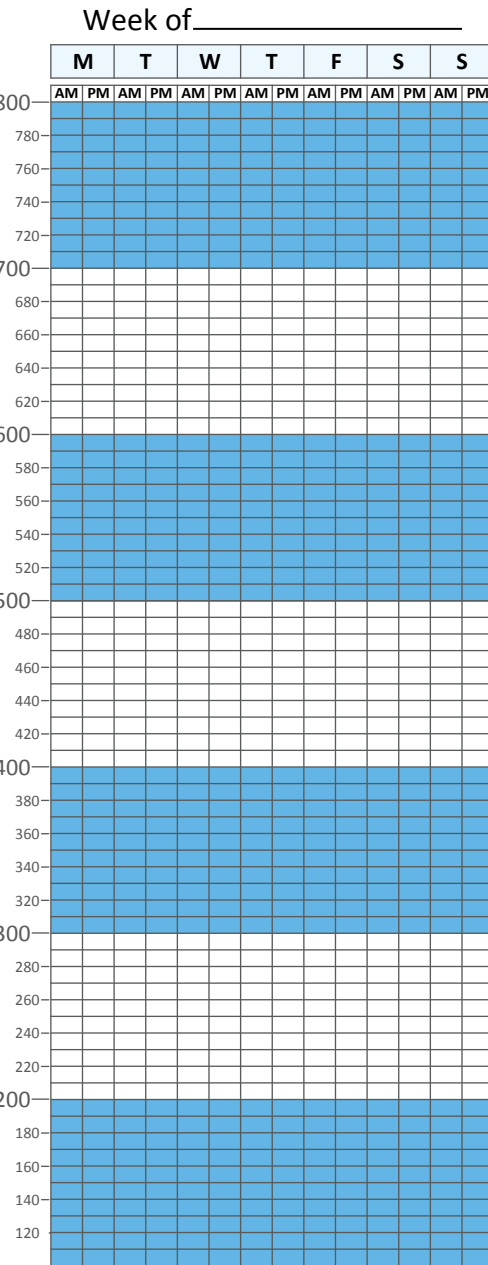
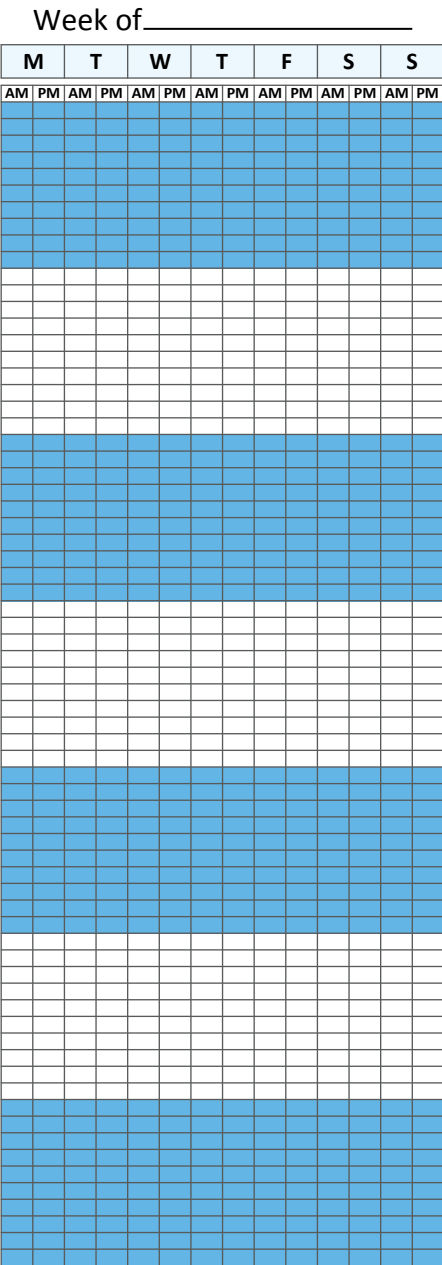
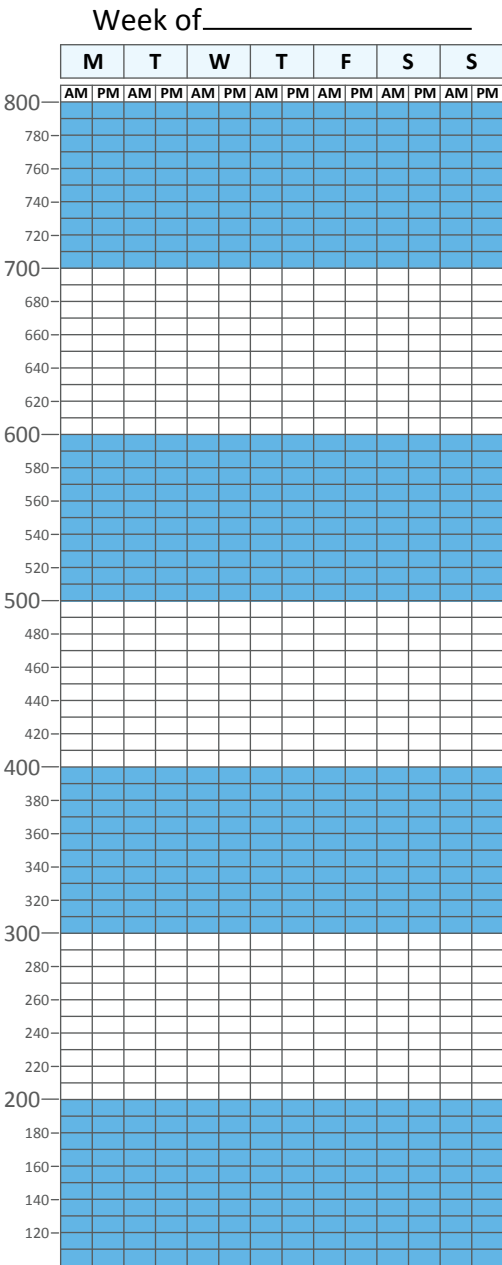
To graph your peak flow measurements,

- 1 Find the line that matches your measurement from the tracker. See examples below

Daily Peak Flow		
	AM	PM
M	500	520
T	500	460
W	430	400
Th	410	400
F	440	450

- 2 Place a dot on the line, matching the correct day and time
- 3 Repeat with each measurement
- 4 Draw a line between the two dots

# Peak Flow Measurement Graphs





# Asthma Resources

There are available resources at the following links to help you better manage your asthma.

Resource Center	Link
Asthma Impairment and Risk Questionnaire (AIRQ®) Information for Health Care Providers	<a href="https://www.asthmaresourcecenter.com/home/asthma-resources.html">https://www.asthmaresourcecenter.com/home/asthma-resources.html</a>
American Lung Association	<a href="https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma">https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma</a>
Asthma and Allergy Foundation of America	<a href="https://aafa.org/">https://aafa.org/</a>
Allergy & Asthma Network	<a href="https://allergyasthmanetwork.org/">https://allergyasthmanetwork.org/</a>
Find an Allergist	<a href="https://acaai.org/find-an-allergist/">https://acaai.org/find-an-allergist/</a>
Air Quality Flag Program	<a href="https://www.airnow.gov/air-quality-flag-program/">https://www.airnow.gov/air-quality-flag-program/</a>
Centers for Disease Control and Prevention	<a href="https://www.cdc.gov/asthma/most_recent_national_asthma_data.htm">https://www.cdc.gov/asthma/most_recent_national_asthma_data.htm</a>
National Heart, Lung, and Blood Institute	<a href="https://www.nhlbi.nih.gov/health/asthma">https://www.nhlbi.nih.gov/health/asthma</a>

Resource Center	Link
National Institute of Environmental Health Sciences	<a href="https://www.niehs.nih.gov/health/topics/conditions/asthma">https://www.niehs.nih.gov/health/topics/conditions/asthma</a>
World Health Organization	<a href="https://www.who.int/news-room/fact-sheets/detail/asthma">https://www.who.int/news-room/fact-sheets/detail/asthma</a>
Johns Hopkins Medicine	<a href="https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/peak-flow-measurement">https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/peak-flow-measurement</a>
National Library of Medicine	<a href="https://medlineplus.gov/asthma.html">https://medlineplus.gov/asthma.html</a>
American Academy of Allergy, Asthma & Immunology	<a href="https://www.aaaai.org/conditions-treatments/asthma">https://www.aaaai.org/conditions-treatments/asthma</a>
American College of Allergy, Asthma, & Immunology	<a href="https://acaai.org/asthma/">https://acaai.org/asthma/</a>
Mayo Clinic	<a href="https://www.mayoclinic.org/diseases-conditions/asthma/in-depth/asthma/art-20045198">https://www.mayoclinic.org/diseases-conditions/asthma/in-depth/asthma/art-20045198</a>

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**LUMA**<sup>TM</sup>

Learn to Understand and  
Manage Severe Asthma

Visit [luma-edu.com](https://luma-edu.com) to learn more about understanding  
and managing severe asthma



## You will find resources to help you manage your asthma

- On-demand videos
- Resources in Spanish
- Virtual and in-person events
- Recursos en español

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**Empowering You to Stand Against Severe Asthma**