

Partner with Marycliff Allergy Specialists to take control of your asthma symptoms

You should be in control of your asthma, not the other way around.

Recent Guidelines from the National Heart, Lung and Blood Institute use the latest research to help you reduce the effects of asthma on your life.

If your asthma is in control, you should expect:

- No or few asthma symptoms, even at night or after exercise
- Prevention of all or most asthma attacks
- Participation in all activities, including exercise
- No emergency room visits or hospital stays
- Less need for quick-relief medicines
- No or few side effects from medicines

Dr. Gower is your partner in keeping your asthma symptoms in check. The Guidelines recommend that if you've just started treatment, you should see your allergist every two to six weeks. Once treatment is under way, allergist visits may be every one to six months to check asthma control, even when you have no symptoms.

How can you tell if your asthma is not controlled? Do you:

- Have asthma symptoms more than two days a week?
- Wake up at night from your asthma one to three times a week?
- Have asthma symptoms that interfere with your normal daily activities?
- Use your quick relief medicine to control your asthma symptoms more than two days a week? (You may use it more than this if your asthma is triggered by exercise.)
- Have a peak flow reading that is 60-80 percent of your best personal score?
- Take oral corticosteroids twice or more in a year?

If you answered “yes” to any of these questions, you should make an appointment to discuss this with Marycliff Allergy Specialists. Call 509-838-3655 or visit our Web site at www.drgower.yourmd.com for an appointment.