

**Dr. Patrick Gill  
Asthma Education Centre**

***ASTHMA DIARY CARD***

**If this card is found please return it to:**

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## INSTRUCTIONS

Please fill in the diary every evening. Put a number in each box in order to answer questions 1 to 6 as best you can. You only need to answer question 7 when issued with the necessary equipment.

It is very important to complete section 8 very carefully and to put down the number of doses of every medicine, tablet, or other treatment taken during the past 24 hours, even if this is different from the number of doses prescribed by the doctor.

If you are absent from school or work or notice anything unusual write the appropriate letter in the space provided by question 9.

### Acknowledgements

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- Queens Region Health
- UPEI School of Nursing
- PEI Lung Association
- Knowledge Economy Partnership
- GlaxoWellcome
- Astra Pharma
- Zeneca Pharma

***HOW TO TELL IF YOUR ASTHMA  
IS UNDER CONTROL***

- ◆ *sleep is not disturbed by cough, wheeze or shortness of breath*
- ◆ *you do not have symptoms when you wake up*
- ◆ *symptoms do not interfere with day-to-day activities, including exercise*
- ◆ *you do not use your inhaled bronchodilator too often*
- ◆ *normal or near normal peak flow rates*