Understanding flags of severe asthma can make you confident to ask for help.2

This may lead to you being given steroid tablets or injections,1,2 such as:
- Prednisone
- Prednisolone
- Methylprednisolone

If your treatment plan isn’t quite right, you might find your symptoms get worse and happen often.1,2

Steroid tablets and injections can be lifesaving. But they also have side effects. You can talk to your doctor if you are worried.3

When symptoms are not kept under control, you may have to go to hospital when you have a bad asthma attack.2–4

If you have severe asthma, it is important to discuss your treatment plan with your doctor.1

If you have answered yes to any of these questions, you should speak to your doctor about reviewing your treatment plan with an asthma specialist.4

There are four questions to help you spot if you may have severe asthma:
1. Do you have asthma symptoms/attacks more than twice a week?
2. Do you wake up due to asthma symptoms more than twice a month?
3. Do you need to take oral corticosteroids (steroid tablets) twice a year or more?
4. Do you refill your reliever inhaler more than twice a year?

Biologics are a type of treatment which work differently than other asthma treatments. They can be life changing for people with severe asthma.3

Ask for a referral to an asthma specialist. A specialist can work with you to get:
- Appropriate tests
- The right diagnosis
- Targeted treatment1,2

For further reading, please search online: • PULSAR checklist for severe asthma • GAAPP Define your Asthma.

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*You should always talk to your doctor before changing or stopping any medications.

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