



American
College
of Allergy, Asthma
& Immunology

allergist

Allergy
& Asthma
NETWORK



Your asthma symptoms are not well controlled.

You've just discussed treatment options with your allergist.

Have you tried several asthma therapies that don't seem to have worked? Do you know which type, or which combination of treatments might work best? Are you aware of the newest therapies available and how they work?

There's a tool available to help continue your discussion with your allergist. Go to **asthmarelief.acaai.org** to use our shared decision-making tool to guide you on your path to relief.

The web-based tool will:

- Provide information, including advantages, disadvantages and range of costs of available treatments.

- Help you identify which type of treatment best fits your lifestyle and beliefs.
- Lead you through answering a few questions about your asthma.
- Guide you in continuing the discussion with your allergist about the best possible treatment for you.

Once you've answered the questions, print your responses and bring them to your next appointment. You and your allergist can use the results to determine your best options.

Allergists are specially trained to help you take control of your asthma, so you can live the life you want.

Get started on your path to relief at asthmarelief.acaai.org.

Board-certified allergists are specialists in diagnosing and treating allergies and asthma.

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