

Asthma Medication Ratio



Asthma is a long-term disease that affects more than 25 million people in the U.S.¹ It makes the airways inflamed, making breathing hard. There is no cure for asthma, but it can be managed with the help of medicine.

What is Asthma Medication Ratio (AMR)?

AMR looks at people ages 5–64 who have long-term asthma and have a ratio of controller medications to total asthma medications of 0.50 or more. The goal of AMR is to help with medicine management to improve quality of life and ease the need for rescue medicine. Better medicine management can also lower the number of ER visits, doctor visits, and missed days of work or school.

Some of the most common symptoms of asthma

- Tightness in your chest
- Coughing and wheezing
- Trouble sleeping
- Weakness and trouble breathing, especially during exercise

Treatment and tips for patients

- Avoid smoking and secondhand smoke.
- Know what triggers your asthma.
- Avoid allergens.
- Find ways to reduce your stress levels.
- Talk to your doctor about an asthma medication that works for you.
- Eat healthy and exercise often.
- Keep your home clean and think about getting an air purifier.
- Spend time in the sun.
- Have an emergency asthma plan.

Important reminders

No matter how you feel, remember that you need to take your medicine as prescribed to help control your asthma. Your medicine doesn't take the place of your other prescribed drugs. Uncontrolled asthma may lead to hospital stays and can lead to lasting lung damage.

Note: If you are using rescue medication more than twice a week, your asthma is not under control.

Talk to your provider right away if

- Your asthma is not under control.
- You are having medication side effects.
- You don't know how to use your inhaler(s).

¹<https://aafa.org/asthma/>