

# Asthma Medication Ratio

Asthma is a long-term disease that affects more than 25 million people in the U.S.<sup>1</sup> It causes the airways to become swollen and inflamed, making breathing difficult. Although there is no cure for asthma, it can be managed and controlled with the help of medication.

## What is Asthma Medication Ratio (AMR)?

AMR assesses adults and children ages 5–64 who have persistent asthma and have a ratio of controller medications to total asthma medications of 0.50 or greater. The goal of AMR is to support appropriate medication management to improve quality of life and reduce the need for rescue medication. Improved medication management can also help lower the number of ER visits, inpatient admissions, 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 regularly.
- Keep your home clean and consider investing in 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 medication as prescribed to help control your asthma. Your medication doesn't take the place of your other prescribed drugs. Uncontrolled asthma may result in hospital stays and can lead to permanent 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)

<sup>1</sup><https://aafa.org/asthma/>