



# Asthma Patient BILL OF RIGHTS

As a patient with asthma, you have the right to:

- 1 Strive for complete control of your asthma.\***  
Complete control of asthma means exactly what it sounds like — a life free of symptoms and limitations. You should be aiming for:
  - ✦ Zero symptoms
  - ✦ Zero nighttime awakenings
  - ✦ Zero time lost from school, work and play
  - ✦ Zero exercise limitations
  - ✦ Zero emergency room visits
  - ✦ Zero time spent in hospital because of asthma
  - ✦ Zero side effects from asthma medications
- 2 Discuss your personal targets in asthma management** with your doctor or health-care advisor.
- 3 Access accurate and up-to-date information/ advice about asthma** and its management, and participate in decisions about your care.
- 4 Access appropriate medications** as needed.
- 5 Access asthma and health-care services in a timely manner**, including physician appointments and treatments in hospitals anywhere in Canada.
- 6 Access regular asthma assessments** with scheduled follow-up visits without waiting for an emergency.
- 7 Access spirometry/ lung-function testing** in the primary health-care setting.
- 8 Access referral to an allergist** for assessment and testing when required.
- 9 Access asthma education programs** anywhere in Canada.
- 10 Live and work in smoke-free environments** with no exposure to second-hand smoke.

\*According to the guidelines of the Global Initiative for Asthma (GINA): [www.ginasthma.org](http://www.ginasthma.org)

## AIM FOR ZERO



To learn more about asthma or the Asthma Society of Canada,  
visit [www.asthma.ca](http://www.asthma.ca) or call **1-866-787-4050**