



Asthma Control Matters

Did you know? May 7th, 2024 is World Asthma Day.

More than half of all Canadians with asthma do not have their condition under control.

Locate the article *Asthma Control Matters* on *Health Connected's Health Library** today to find out if you're at risk and learn how to tame your asthma. The article includes sections on:

- Facts and myths about asthma;
- How to know if your asthma is out of control;
- Avoiding your asthma triggers; and
- How to talk to your doctor about asthma control.