



ASTHMA SYMPTOMS



Wheezing²



Coughing²



Difficulty Breathing²



Tightness in Chest²



Nighttime Awakenings¹

6. These things (also known as “triggers”) make my asthma symptoms worse:

(Circle all that apply)



Food Allergies/Additives⁴



Exercise⁵



Odors/Fragrances⁵



Weather⁵



Stress/Strong Emotions⁵



Pet Dander⁵



Infections/Colds⁵



Cigarette Smoke Exposure⁵



Dust/Pollen⁵

Other: _____

7. I live or work with someone who smokes:⁵

Yes No

8. I live with a pet:⁵

Yes No If Yes, what kind of animal? _____

9. Current asthma medications I am taking:¹

a) Medication: _____ Number of Doses: ___ How often: _____

b) Medication: _____ Number of Doses: ___ How often: _____

c) Medication: _____ Number of Doses: ___ How often: _____

d) Medication: _____ Number of Doses: ___ How often: _____

e) Medication: _____ Number of Doses: ___ How often: _____

f) Medication: _____ Number of Doses: ___ How often: _____

10. How often do you miss doses of your regular asthma medication?¹

(Circle one)

Never

Rarely

Sometimes

Occasionally

More Often than I Want to Admit

REMINDER: BEFORE YOU LEAVE HOME

- Bring your **completed printed doctor visit worksheet** to your appointment.
- Bring a **list of questions** to ask your doctor.
- Bring a **friend or family member** to help you make the most of the discussion.
- Bring **all of your medications** (prescriptions and over-the-counter).

DURING YOUR VISIT:

- Discuss any medication concerns you have**, such as how often, how much, how to take it, how you will cover the cost, and confirm you are using your inhaler correctly.
- Follow up with questions** until you understand and ask for written instructions from your doctor.
- If you and your doctor agree your asthma is “hard to control,” **ask about different asthma types and causes**.
- Ask if you should get a blood test**. A standard complete blood count with differential blood test may help determine your eosinophil count.⁶
- Ask if your asthma symptoms are persistent** enough to see a specialist, such as an allergist or a pulmonologist.
- If you are diagnosed with Severe Eosinophilic Asthma (S.E.A), a type of asthma that is harder to control, **ask about targeted treatment options**.⁷
- Talk about your goals** for your treatment. Agree on the expectations (e.g. fewer or reduced limitations, better lung function, fewer asthma attacks or flare-ups [also known as exacerbations] requiring the use of oral corticosteroids).

AFTER YOUR VISIT:

- Review your notes** and written information provided. Be sure you understand your asthma control plan.
- Keep a symptom record** with dates or use an online symptom tracker/mobile app.³
- Join an online asthma network** or community to connect with others who have asthma.
- Always **take your medication** as directed.
- Ask your doctor for help if you are still **not getting symptom relief**.
- If you are referred to an asthma specialist, (e.g. allergist or pulmonologist) use this guide to help you **prepare for that visit**.
- Closely **follow the lifestyle recommendations** provided by your doctor to help control your asthma.



GET BACK IN CHARGE.

Learn more about hard-to-control asthma and S.E.A. at:
www.bethebossofyourasthma.com



Developed in partnership with:



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