

ASTHMA: TAKE CONTROL. TAKE ACTION.



You can take an active role in your asthma care by talking openly and regularly with your healthcare provider. Here are some questions and tips that can help you prepare for your doctor appointments.

Remember! Don't be afraid to ask questions!

Asthma is a variable disease, with symptoms that come and go and often change in intensity. By having a healthcare team that knows your condition, it will be easier to maintain effective treatment plans and deal with emergencies. Well-controlled patients should experience symptoms no more than once a month and should experience no limits to everyday activities. **Is your asthma well controlled?** If you answer 'YES' to one or more of the following questions, it may not be:

- Y / N** Do you have asthma symptoms more than two days per week?
- Y / N** Does your asthma wake you up two or more times per month?
- Y / N** Outside of refilling your medication for lost devices or preventative care (i.e. using it before exercise/gym class), do you run out of quick-relief medications more than two times per year?
- Y / N** Have you had more than one burst of oral corticosteroids in the past twelve months?
- Y / N** Have you visited the emergency room or hospital in the past twelve months due to asthma symptoms?

The following questions can help you prepare for your next appointment:

1. Do you keep a detailed Asthma Diary to help monitor your daily lung function? If so, bring it with you.
2. Do you have an Asthma Action Plan detailing what medicine to take and when? If so, work with your healthcare provider to review and refine it.
3. What symptoms do you experience? What triggers make your symptoms worse?
4. Do your asthma symptoms affect your everyday activities?

ASTHMA ACTION PLAN ZONES

GREEN: You are doing well

YELLOW: Your asthma is getting worse

RED: You need immediate medical attention

To learn more about managing your asthma symptoms, visit chestnet.org/asthma and AllergyAsthmaNetwork.org/asthma.

