

Teamwork— Working With Your Doctor

You and your doctor are a team working together to effectively manage your asthma. It is important for you to take an active role in your asthma care.

Start by scheduling an “asthma only” office visit at least twice a year.

Before each visit, take a few minutes to think about your asthma and any problems you may be having.

Bring a list of questions with you.



At Your Doctor Visit

Tell Your Doctor:

- What medicine you are taking
- How often you take your controller medicine
- How often you use your quick-relief (rescue) medicine
- What asthma symptoms you are having
- Whether you sleep through the night or not
- How your asthma affects your daily activities
- Your peak flow readings if you use a peak flow meter

Ask Your Doctor:

- What medicines should I be taking? When? How often?
- How often should I be using my quick-relief (rescue) medicine?
- What are asthma “triggers” and how can I avoid them?
- Should I get a lung function test to see how serious my asthma is?
- Should I be using a peak flow meter at home?
- Do we need to update my Asthma Action Plan?

Listen carefully to the instructions your doctor gives you.

Ask questions about what you do not understand.

Make sure you understand how to use your Asthma Action Plan.

Write down any information you and your doctor talk about.

**Together, you and your doctor can decide how to manage your asthma care.
Make sure you understand how to manage your asthma symptoms.**