

Key Questions

Here are some ideas to talk about with your doctor at your next asthma checkup.

What do I need to know?

What is asthma?

What makes my asthma worse? Can I tell if an asthma attack is coming? Will I always have asthma?

How can I keep my asthma under control?

How and when should I take my asthma medicines?

What kinds of asthma medicines am I taking (quick relief, controller, etc)?

What can I do at home, at work or school to make my asthma better?

Do I have to limit any of my activities?

When should I get help from a doctor or hospital for my asthma? How often should I see my doctor for asthma check-ups?

Why will this help me?

Why do I need to keep away from my asthma triggers?
Why is it important to take my medicines the right way?
What can I expect to happen if I do all, or most, of these things?
What can I expect to happen if I don't?

Trigger Tracker

Use this tool to keep track of your triggers. Bring it to your next asthma checkup.

Where was I w	hen my asth	ıma got woı	rse?
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Home Other:	Work	School	Outdoors
When did my	asthma get v	worse?	
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Morning	Afternoon	Evening	Night
What was aro my asthma go		hat was I do	oing when
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Smoke	Pets	Pests	Food
Cleaning	Dust	Colds/Flu	Mold
Exercising	Hot or cold weather	Sleeping	Laughing
Other:			
How were my	symptoms?		
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What did I do	about my as	thma today	ı?
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Quick relief medicine

Controller medicine

Trigger Tracker

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Quick relief medicine

Doctor

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Controller medicine Quick relief medicine

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Controller medicine Quick relief medicine