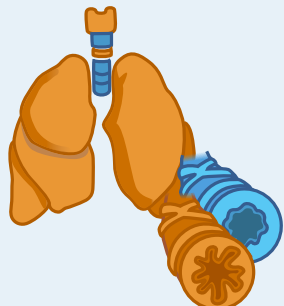




As it is important to maintain open communication with your doctor to ensure you receive the best treatment for your individual needs, we have developed a checklist to help you prepare for your next appointment.

## Ask Your Doctor About Your Asthma Severity



- Do I have other health conditions that might affect my asthma or my treatment plan?
- How severe is it?
- Is it controlled or uncontrolled?
- What type of asthma do I have?

## Ask Your Doctor About What May Trigger Your Asthma



- Environmental triggers:
  - At work or at school
  - At home or outdoors
  - Temperature changes
- Non-asthma medications (aspirin, beta-blockers)
- Exercise and strong emotions
- Infections
- What other conditions or diseases can affect my asthma?

## Ask Your Doctor About Your Treatment Options



- What options do I have to treat my asthma?
- What are the best medications for my type of asthma?
- What are the potential side effects of the medications?