

Teamwork— Working With Your Doctor

You and your doctor are a team working together to better manage your asthma. It is important for you to take an active role in your asthma care. Start by scheduling an office visit.

Before Your Doctor 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:	Ask Your Doctor:
<ul style="list-style-type: none"> • What medicine you are taking • How often you take your controller (maintenance) medicine 	<ul style="list-style-type: none"> • What medicines should I be taking? When? How often?
<ul style="list-style-type: none"> • How often you use your quick-relief (rescue) medicine 	<ul style="list-style-type: none"> • How often should I be using my quick-relief (rescue) medicine?
<ul style="list-style-type: none"> • What asthma symptoms you are having • Whether you sleep through the night or not • How your asthma affects your daily activities • If you have visited the emergency department or if you have been hospitalized because of your asthma 	<ul style="list-style-type: none"> • Is my asthma controlled? • What are asthma “triggers” and how can I avoid them? • Do we need to update my Asthma Action Plan? • Should I get a lung function test to see how serious my asthma is?
<ul style="list-style-type: none"> • Your peak flow readings if you use a peak flow meter 	<ul style="list-style-type: none"> • Should I be using a peak flow meter at home?

Make Sure You:

- Listen carefully to the instructions your doctor gives you.
- Ask questions about what you do not understand.
- Understand how to use your Asthma Action Plan.
- Write down any information you and your doctor talk about.
- Schedule your next appointment.



After Your Doctor Visit

- Do what it takes to control your asthma!



This material was developed by GlaxoSmithKline.