Questions to Ask Your Doctor About Severe Asthma

ASK YOUR DOCTOR ABOUT YOUR ASTHMA SEVERITY

• Do I really have asthma?
• How severe is it?
• Is it controlled or uncontrolled?
• What type of asthma do I have?
• What do I need to do to treat it?

ASK YOUR DOCTOR ABOUT WHAT MAY TRIGGER YOUR ASTHMA

• Environmental triggers:
  - At work
  - At school
  - At home
  - Outdoors
  - Temperature
• Non-asthma medications
• Exercise and strong emotions

ASK YOUR DOCTOR ABOUT OTHER CONDITIONS THAT MAY IMPACT YOUR ASTHMA

• GERD (gastroesophageal reflux)
• Obstructive sleep apnea (OSA)
• Obesity
• Allergic rhinitis (hay fever)
• Anxiety or depression
• Nasal polyps
• Eczema

Learn more at foundation.chestnet.org/patient-education-resources/asthma

If you have any of these conditions, be sure to talk to your asthma specialist about them so that you obtain a coordinated, up-to-date and effective treatment plan.

Read the CHEST Foundation Patient Education Disclosure at https://foundation.chestnet.org/patient-education-disclosure/