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.