Questions to Ask Your Doctor About Asthma

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?

To learn more, go to foundation.chestnet.org/lung-health-a-z/asthma/

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Read the CHEST Foundation Patient Education disclosure at chestfoundation.org/patient-education-disclosure/