QUESTIONS FOR YOUR DOCTOR

What do I need to know?

- What is asthma?
- What makes my asthma worse?
- Can I tell if an asthma attack is coming?
- Will I always have asthma?

How can I keep my asthma under control?

- How and when should I take my asthma medicines?
- What kinds of asthma medicines am I taking (quick relief, controller, etc)?
- What can I do at home, at work or school to make my asthma better?
- Do I have to limit any of my activities?
- When should I get help from a doctor or hospital for my asthma?
- How often should I see my doctor for asthma check-ups?

Why will this help me?

- Why do I need to keep away from my asthma triggers?
- Why is it important to take my medicines the right way?
- What can I expect to happen if I do all, or most, of these things?
- What can I expect to happen if I don’t?

NY State DOH Asthma Initiative Trigger Tracker