

ASTHMA

AWARENESS: Best Information comes for the
www.allergyasthmaNetwork.org

Putting Together Your Health Care System

Selecting a doctor with experience in treating asthma
Making sure the doctor is available if you need them or have coverage
Asking to see a specialist if your asthma is not well controlled
Checking your insurance to make sure your medication is covered
Be prepared to ask questions

Questions to Ask Your Doctor

Do you or your child have asthma?
Do I have asthma if I am coughing or wheezing?
Could this be any other problem?
What type of asthma do I have?
Will I have it forever?
What test do I need to know if I have it?

How will it be managed?

How will you treat this?

What trigger should I avoid?

What medicines do I need to take and for how long?

Checking your insurance to make certain the doctor is on the panel

How will the medicines make me feel?

How will I know if its controlled?

When is my next appointment?

WHAT ARE YOU GOING TO DO?

Are you going try to reduce the exposure to triggers like dust and mold?

Will you take the medications as prescribed?

Do you have a way to measure your control like the Act Test?

Will you make your follow-up appointments?

For More Information go to www.allergyasthmanetwork.org