

Teamwork:

Working With Your Doctor

You and your doctor are a team working together for better health. Here are tips to help you make it a winning team:

- Schedule an office visit to talk to your doctor about your asthma.
- Come prepared. Bring all of your medicines and any questions you may have.
- Tell your doctor about any asthma symptoms you have had. Be clear.
- Keep a diary of your peak flow readings. Show it to your doctor.
- Ask your doctor what you should do if your asthma flares up.
- Tell your doctor if you do not understand his or her instructions.
- Talk to your doctor about asthma triggers and ways to avoid them.
- Talk to your doctor about your medicines. Make sure you know:
 - ✓ the names of your medicines
 - ✓ how to use them
 - ✓ when to take them
 - ✓ what to expect and how they will make you feel
- Talk to your doctor about an Asthma Action Plan for treating your asthma.



Before each visit:

- Take a few minutes to think about your asthma.
- Write down any problems you may be having or any questions you may have.