



## Key Questions

Here are some ideas to talk about with your doctor at your next asthma checkup.

### 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?

## Trigger Tracker

Use this tool to keep track of your triggers. Bring it to your next asthma checkup.

Date: \_\_\_\_\_

### Where was I when my asthma got worse?



Other: \_\_\_\_\_

### When did my asthma get worse?



### What was around me or what was I doing when my asthma got worse?



Other: \_\_\_\_\_

### How were my symptoms?



### What did I do about my asthma today?



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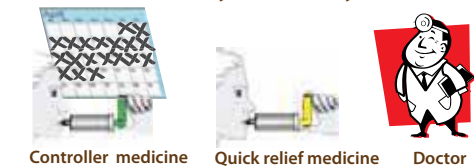


Other: \_\_\_\_\_

### How were my symptoms?



### What did I do about my asthma today?



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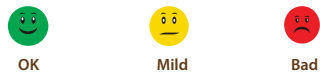


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What did I do about my asthma today?

