

Key Questions You Need To Know

Here are some ideas to talk about with your doctor. Take these questions to your or your child's next asthma checkup.

What do I need to know?

- What is asthma?
- What makes my asthma worse? (What triggers my asthma?)
- Can I tell if an asthma attack or episode is coming? (What are my or my child's signs and symptoms before an asthma episode or attack?)
- Will I or my child always have asthma?
- How severe is my asthma? (Are my symptoms often?)
- Have I had a lung spirometry test to check my lung function and how well I can breathe? Have I had a spirometry test at least once in the past 2 years?
- Do I or my child need to see a "lung specialist" (pulmonologist or pediatric pulmonologist) for treatment?

How can I keep my asthma under control?

- Do I or my child with asthma have an Asthma Action Plan?
- How and when should I take my asthma medicines?
- What kinds of asthma medicines am I or my child taking (quick-relief, controller)?
- What can I do at home, at work or school to make my asthma better? Have I made my home asthma friendly by using the "Home Environment Asthma Checklist" as a guide?
- Do I have to limit any of my activities? Does my child have to "sit out" of gym class or play time?
- When should I get help from a doctor or hospital for my asthma or my child's asthma?
- How often should I see my doctor for asthma check-ups?

Why will this help me or my child with asthma?

- Why do I need to keep away from my asthma triggers?
- Why is it important to take my medicines as prescribed?
- 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?
- Does the school and daycare have a copy of my child's Asthma Action Plan?
- Do the school nurse, coach, PE teacher, and other teachers know how to recognize when my child is having an asthma attack or episode? Do they know what to do for my child when he or she is having an asthma attack or episode?
- Does my child have their asthma medications with them at school?