



**Make sure to see your practitioner twice a year, even if you are feeling well and your asthma is in control. Make a list of questions about your asthma care so you can discuss them with your practitioner. Below are a few questions you may have:**

**Triggers**

- What do you think is the main trigger for my asthma?
- What can I do at home to reduce my exposure to asthma triggers?

**Symptoms**

- How can I tell if my asthma isn't being controlled well?
- What are the warning signs of an asthma flare-up?
- How do I know if the flare-up is severe?
- What should I do if I have a severe flare-up?

**Lifestyle**

- Are there lifestyle habits I can change to get asthma relief and reduce my risk of an asthma attack?
- What exercises are best to do if I have asthma?
- What I can change about my personal habits to make my asthma better?

**Medications**

- Can you explain the difference between my medications?
- What kind of side effects do my medications have?
- Does my medication interact with prescription or nonprescription medicines, or supplements?
- Could you show me how to use my inhaler the right way?

**Treatment**

- How can an asthma action plan help me in treating daily symptoms?
- What is a peak flow meter? How can I use it to monitor my asthma and see if it's getting worse?
- What are my treatment options and what are the risks associated with them?
- Is there anything I can do to keep from having asthma attacks?

**Other Questions**

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