

How to Talk With Your Doctor About Asthma

Doctor's appointments can feel rushed and overwhelming. But there are things you can do to make sure that your voice is heard.



BE PREPARED

Write down your questions and concerns.

Take notes about your asthma, like:

- What symptoms you are having.
- How long you have been having them.
- How bad they are.

Take notes in a notebook, tablet, or phone during your appointment.



SPEAK UP

Be clear and honest about your concerns. You do not have to just sit and listen.

It's OK to say, "I'm not sure you really heard how concerned I am about this."



ASK QUESTIONS

If you don't understand something, ask your doctor or nurse to explain it.

It's perfectly fine to say, "Sorry, I'm just not following you. Can you explain that in another way?"

General questions to ask your doctor

- What does that mean?
- What else should I know?
- Can you explain that in another way?
- When should I see you again?

Asthma questions to ask your doctor

- Is this the right way to use my inhaler?
- How do I use my inhaler with a spacer?
- Does my asthma action plan need to be updated?
- What should I do if I miss a dose?
- If I think my medicine isn't working, what should I do?
- How can I tell if I'm having an asthma attack?
- How do I know if I need to go to the emergency department?

