

Asthma
Australia

Asthma: 10 things to ask your doctor

Symptoms

1. How can I tell if my asthma is well managed – and if it's not?

Triggers

2. Can I identify the triggers that make my asthma worse?
3. Can I do anything about them?
4. If exercise sets off my asthma, how can I still keep active?

Medication

5. What medication do I need to take – and why?
6. How do I take it?
7. When do I take it – every day/some days?
8. Do I need it when I am well?

Asthma plan

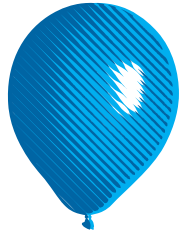
9. Can I have a written asthma action plan?
10. When should I see you again?

**To find out more about asthma
contact your local Asthma Foundation:**

1800 645 130

asthmaaustralia.org.au

Translating and Interpreting Service: 131 450



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Asthma: 10 things to tell your doctor

Symptoms

1. If you wake up coughing, wheezing or breathless
2. If you struggle to keep up with normal activity

Triggers

3. Anything that seems to trigger/make your asthma worse
4. What you do about your triggers and whether this helps

Medication

5. How often you take your blue reliever puffer
6. How often you take your preventer medication
7. How you use your device
8. If you are using any other medications or complementary (non-medical) therapies

Asthma plan

9. I would like an asthma action plan
10. I would like a regular asthma review

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