



Teamwork: Your Asthma Care Team

You and your asthma care team (your doctor, asthma educators and other medical professionals) play an important part in your asthma treatment. Rely on your health care provider for emergencies. Asthma educators do not provide emergent care.

Take control of your asthma symptoms by playing an active role.

- Learn how to prevent and manage your asthma symptoms.
- Learn which triggers can cause your asthma symptoms to flare up, and avoid them.
- Use a peak flow meter to help monitor your asthma.
- Use controller medicines correctly, as prescribed by your doctor.
- Have a written asthma action plan, which can help you to take charge and keep track of your asthma symptoms.

Doctor Visits:

- Schedule an “asthma-only” office visit with your doctor or asthma educator at least twice a year.
- Before each visit, consider what problems or questions you have had with your asthma. Write those down and bring them with you to the appointment.
- Tell your doctor:
 - What medications you are taking
 - How often you are taking your controller medicine
 - How often you use your quick/rescue medicine
 - What symptoms you are experiencing
 - How you are sleeping at night
 - How asthma affects your daily routine and activity
 - Your peak-flow readings
- Listen closely to the instructions your doctor and asthma educator give you.
 - Ask questions if you don’t understand.
 - Review your action plan with the doctor/asthma educator.
 - Write down information you talked about during the visit.

Together, you and your asthma care team can work together to manage your asthma successfully!