

# Talking About Allergic Asthma With Your Asthma Specialist

If you think you may have allergic asthma and have not yet been diagnosed by an asthma specialist, use this discussion guide to help prepare you for your visit.

## Questions Your Asthma Specialist May Ask You

Space is provided for you to write down your answers in preparation for your visit with your asthma specialist.

**Is your asthma controlled?\***

\*Signs that your asthma may be uncontrolled include: your asthma symptoms occur more often than usual; are worse than they used to be; are more bothersome at night; or your quick-relief inhaler is used more than 2 days a week.

**Are you currently taking inhaled corticosteroids?\***

\*Inhaled corticosteroids is a category of prescription asthma medicine that asthma patients use for long-term treatment. A patient uses them every day to help prevent symptoms such as swelling in the lungs. Patients breathe in the medicine through an inhaler.

**How often do you use your rescue inhaler?**

**How many asthma attacks have you had in the past year?**

**Have you been diagnosed with allergies? If yes, what are you allergic to?**

**Have you taken an allergen test, or any asthma tests? If yes, please list them here and bring the results to your appointment with your specialist.**

## Questions to Ask Your Asthma Specialist

Space is provided for you to write down any answers or notes discussed during your visit with your asthma specialist.

What is allergic asthma?

What are some examples of allergic asthma triggers? How can I find out what my allergic asthma triggers are?

Do I need to take any tests, like an allergen test, for you to diagnose allergic asthma?

I'm taking inhaled corticosteroids. Why am I still having asthma symptoms?

Do you think it would be a good idea for me to see an allergist? (If applicable)

What else can I do to manage my asthma symptoms?