

# Rethink Your Asthma

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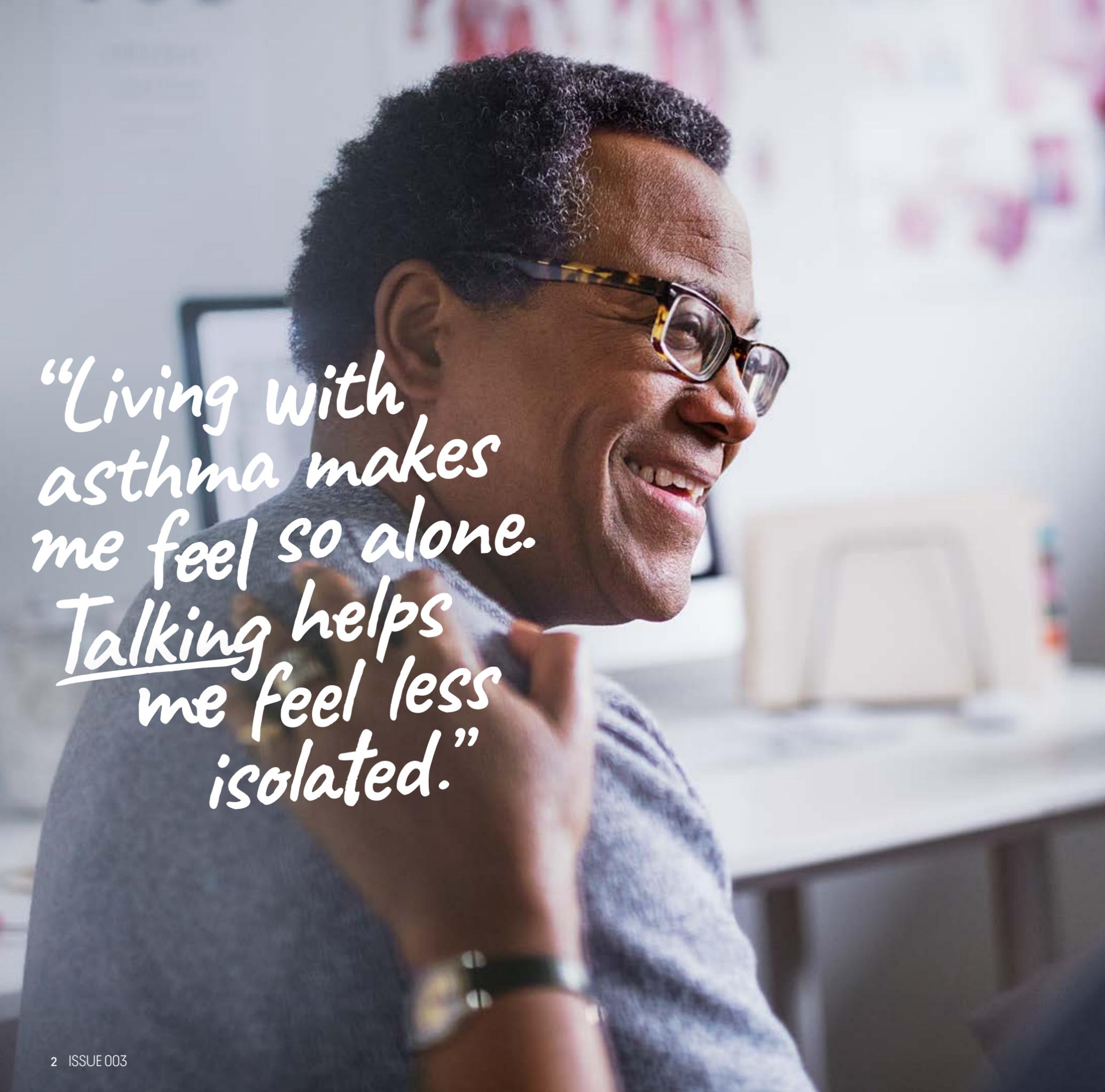
TALKING WITH  
YOUR DOCTOR

A SERIES OF 5 ISSUES TO HELP YOU  
MANAGE YOUR SEVERE ASTHMA

*“What’s the best  
way to talk about  
my asthma?”*



NEXT



“Living with asthma makes me feel so alone. Talking helps me feel less isolated.”



NEXT



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## IDENTIFYING ALL YOUR RESOURCES.

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**Working with your doctor and maintaining an ongoing dialogue can help you better manage your asthma.**

Your Care Team can keep you up-to-date about the latest asthma research and help you better understand your asthma.

They can also point you to other resources that can help with your Asthma Management Plan, including online communities, patient support groups, and mental health professionals to help manage the emotional impact of your condition.



### DID YOU KNOW?

Many people with asthma accept their symptoms and do not expect additional help from their doctor, which can prevent them from getting optimal asthma management.

## START THE CONVERSATION.

Many people living with asthma feel they have a less active role in management decisions than they would prefer, with the majority of patients wanting to have a more collaborative experience with their doctor.

It's important to be honest with your doctor if you feel this way, because an open dialogue may positively influence the management of your asthma. And because no two people have the same kind of asthma, talking to your doctor and asking questions about your asthma is so important to achieving a better outcome.

Here are some questions that could help:

- » What kind of asthma do I have?
- » Can lifestyle changes help make my asthma management plan more effective?
- » What things in my environment are triggering my symptoms?
- » Are there support groups for people living with asthma?
- » Should I keep a journal to track my symptoms?



*“It helps to talk with my doctor about the whats and the whys.”*



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# A LITTLE CHANGE COULD MAKE A *BIG* DIFFERENCE.

Staying in touch with your doctor can keep you up-to-date with your asthma and help you better manage your triggers and symptoms. As a result, you can make simple shifts to positively impact your quality of life.



## DID YOU KNOW?

Studies show that there is a perception gap between patients and doctors about their asthma and their asthma care. That's why it's so important to have an open conversation with your entire Care Team.

## A PERSONALIZED ASTHMA ACTION PLAN (PAAP) CAN HELP YOU CONTROL YOUR ASTHMA:

90%

of people living with asthma who use a PAAP describe it as useful.

Only 28%

of people living with asthma have discussed a PAAP with their health care professional.



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*“I’ve learned how important it is to feel surrounded by support.”*



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## SUPPORT IS HERE FOR YOU.

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Living with a chronic condition like asthma can create fear and anxiety. And quality of life is significantly lower with uncontrolled asthma than among those whose asthma is well controlled.

That’s why it’s important to remember that you are never alone in managing your asthma.

**Staying in touch with family members who have firsthand experience with your condition and reaching out to support groups can help you feel more confident.**

# WHAT'S YOUR "NORMAL?"

Frequency and intensity of your flare-ups and other symptoms can hinder your ability to be social and active. Keeping track of both can create a foundation for a better conversation with your doctor.

Since your last appointment:

- » Do you experience asthma symptoms more than twice a week?
- » Do you notice any changes in your asthma symptoms?
- » Do your symptoms wake you up at night?
- » Do you have any concerns with your current asthma medications as prescribed?
- » Do you use your rescue inhaler 2 or more times a day?
- » Does your asthma limit what you can do at work, school, or home?
- » In the last year, have you had an emergency visit with a doctor due to asthma?



*"I'm trying to be more aware of what I'm seeing, doing, and especially how I'm feeling."*



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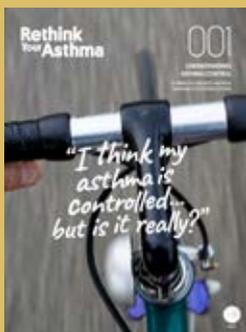


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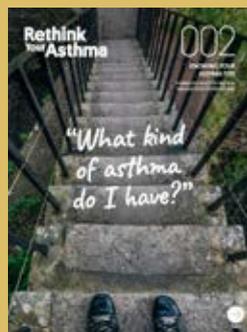
# TALKING WITH YOUR CARE TEAM IS THE BEST WAY FORWARD.

Having honest conversations with your doctor and using the support resources available can help you better manage your asthma.

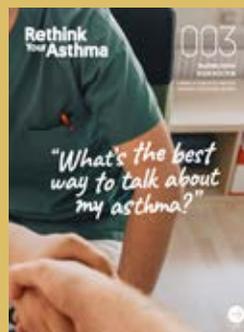
**Download all 5 magazines dedicated to helping you understand your asthma at [TheNextBreath.com/I-Have-Asthma](https://www.thenextbreath.com/I-Have-Asthma)**



**ISSUE 001**  
UNDERSTANDING  
ASTHMA CONTROL



**ISSUE 002**  
KNOWING YOUR  
ASTHMA TYPE



**ISSUE 003**  
TALKING WITH  
YOUR DOCTOR



**ISSUE 004**  
PLANNING FOR  
ASTHMA CONTROL



**ISSUE 005**  
STAYING  
ON TRACK

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Your Asthma**