



# Is It Asthma?



## A DISCUSSION GUIDE FOR YOU AND YOUR DOCTOR

If you think you have asthma, it is important that you are properly diagnosed. If you are on a treatment plan for asthma but the treatment doesn't seem to be working, you might not have asthma. Or you may need a different type of asthma medicine. It is important that you to talk to your doctor so they can find the right diagnosis and treatment.

Answer these questions and take the answers to your next doctor visit.

1 Do you think you have asthma? Yes  No

2 Has a health care practitioner diagnosed you with asthma? Yes  No

3 Which of the following symptoms do you have? (Choose all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Coughing            | <input type="checkbox"/> Rapid breathing |
| <input type="checkbox"/> Wheezing            | <input type="checkbox"/> Chest tightness |
| <input type="checkbox"/> Shortness of breath |  |

4 How long have you had these symptoms?

- |   |  |
|---|--|
| <input type="checkbox"/> Less than 6 months | <input type="checkbox"/> More than 12 months |
| <input type="checkbox"/> 6 - 12 months      | <input type="checkbox"/> Seasonal            |

5 How do these symptoms impact your everyday activities?

6 List the triggers you believe make your symptoms worse (such as exercise, pollen, dust and pets).

7 Do you often wake up at night due to these symptoms? Yes  No

8 Do you have flare-ups during the day? Yes  No

9 Have your symptoms changed?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Symptoms have worsened | <input type="checkbox"/> Symptoms have remained the same | <input type="checkbox"/> Symptoms have improved |
|---|--|---|

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### Have you been diagnosed with asthma?



During your diagnosis, did you do any lung function testing (such as spirometry)?



Do you have an Asthma Action Plan?



Do you feel your asthma is under control?



Continue to follow your Asthma Action Plan and work with your doctor to keep your asthma under control.

Talk to your doctor about your symptoms and how they affect your daily activities. Do you have symptoms at night? Do you use your emergency medicines often? Have you had any flare-ups or hospital stays?

There are reasons why your treatment may not be working. You may need a different treatment or dosage. Or you may not truly have asthma. Talk to your doctor about confirming your asthma diagnosis and reassessing your treatment options.



Talk to your doctor about your symptoms and how they affect your daily activities. Ask your doctor about objective testing to help properly diagnose your symptoms.



Talk to your doctor about objective testing to help properly diagnose your symptoms.



Work with your doctor to create an Asthma Action Plan.



#### DID YOU KNOW?

These conditions have symptoms similar to asthma:

- Pneumonia
- Allergies
- Upper airway obstruction
- Heart failure
- Vocal cord dysfunction
- Bronchopulmonary dysplasia
- Cystic fibrosis
- Enlarged lymph nodes
- Lung cancer (tumors)
- Viral infections
- Sinus infections
- COPD
- And others!