

Visit your health care provider on a regular basis

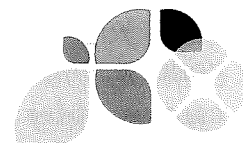
After you find out you have asthma, your health care provider may want to see you regularly to see how you are doing. Here are some questions he or she may ask you:

- How often are you having asthma symptoms?
- Have your asthma symptoms changed?
- What are your peak flow meter readings (if you have a peak flow meter)?
- Are you taking your medicines the way your health care provider told you?
- Do you have any questions about your medicines?
- Are you having trouble following your asthma action plan?



TIP

Ask your health care provider any questions you might have. Make sure that you understand.



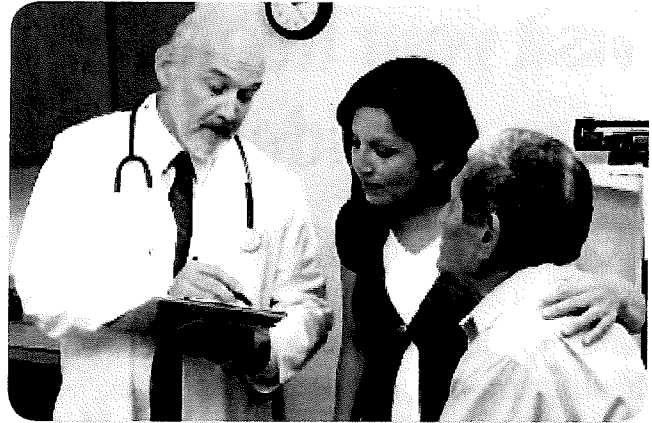
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ASTHMA

Continued from other side

Your answers will help your health care provider decide if your asthma symptoms are under control. If you have been keeping notes about your asthma symptoms, bring them with you. These will also help your health care provider decide if your medicines are working.

Once your asthma symptoms are under control, you may need to see your health care provider less often. Keep your health care provider up to date on any changes you notice about your asthma. Go over your asthma action plan with your health care provider. Add any changes that have happened.



Make an appointment to visit your health care provider right away if:

- Your asthma symptoms happen more often or become more serious
- You miss school or work because of asthma symptoms
- Your asthma medicines are not working well
- You have to use your rescue medicine more than 2 days a week

