

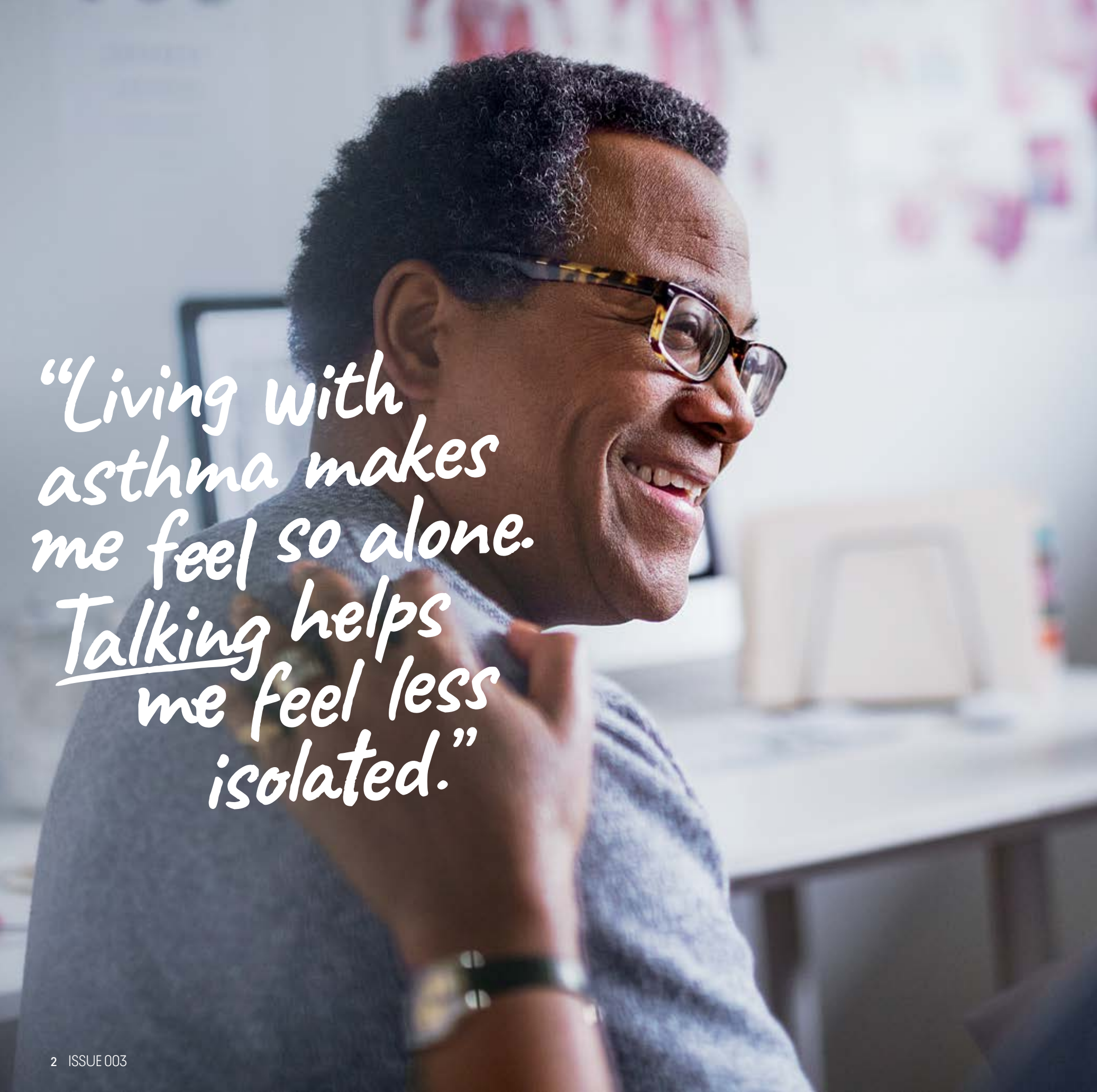
Rethink 
Your Asthma

003

**TALKING WITH
YOUR DOCTOR**

A SERIES OF 5 ISSUES TO HELP YOU
MANAGE YOUR ASTHMA

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



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

IDENTIFYING ALL YOUR RESOURCES.

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 as normal and do not expect additional help from their doctor, which can prevent them from getting optimal asthma management. Working with your doctor and maintaining an ongoing dialogue can help you better manage your asthma.

START THE CONVERSATION.

It's important to be honest with your doctor about your symptoms and condition, because an open dialogue may positively influence the management of your asthma.

And because people experience asthma in different ways, 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.”

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?

A personalized asthma action plan [PAAP] can help you control your asthma





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

SUPPORT IS HERE FOR YOU.

Living with a chronic condition like asthma can create fear and anxiety. That’s why it’s important to remember that you are never alone in managing your asthma.

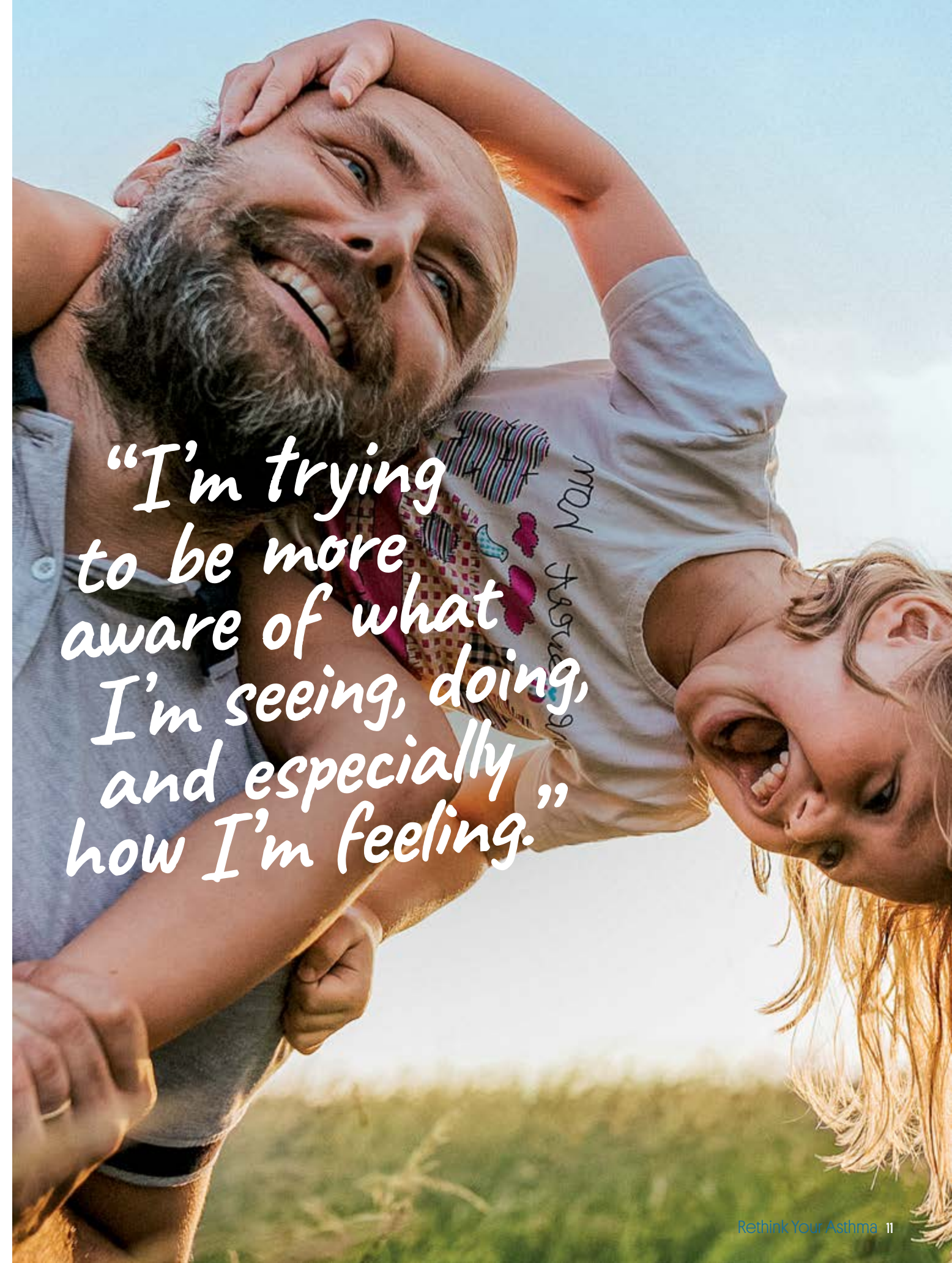
Staying in touch with family members who have firsthand experience with your condition and reaching out to support groups can help you feel more confident.

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:

- » Chest tightness, cough, shortness of breath, or wheezing twice a week or more
- » Waking up in the night due to coughing or other asthma symptoms more than once a week
- » Using rescue or "quick-relief" inhaler more than twice per week
- » Two or more asthma attacks in the past 12 months that required an oral steroid pill



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

TALKING WITH YOUR CARE TEAM IS YOUR BEST WAY FORWARD.

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

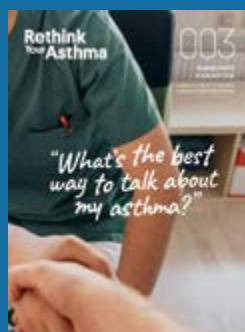
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ISSUE 001
UNDERSTANDING
ASTHMA CONTROL



ISSUE 002
KNOWING YOUR
ASTHMA TYPE



ISSUE 003
TALKING WITH
YOUR DOCTOR



ISSUE 004
MAKING
A PLAN



ISSUE 005
STAYING
ON TRACK

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Your Asthma