

STEP TWO: PREPARING FOR YOUR APPOINTMENT

Your healthcare team will want to understand how asthma is affecting you. You may want to keep a symptom diary for a few days before your appointment. This can help you to explain how you feel, the medication you've taken and any daily activities impacted by your asthma.

Advocacy groups suggest asking someone else to film you, or film yourself, when you are having symptoms. This gives your team the best possible idea of what you are experiencing.

You may also want to make a note of:

- the last time you had to take time off work or school due to asthma
- how many times you take your reliever/rescue medication
- when you last used a nebulizer

Make sure you also complete the checklist so you can take it with you.

STEP THREE: AT YOUR APPOINTMENT

Asking questions at your appointment is a good way to start the conversation with your healthcare team.

Questions might include:

- How is severe asthma diagnosed?
- If I have severe asthma, what treatment options might I be offered?
- Will my symptoms improve?

There is a space below for you to write down questions or record your symptoms before your appointment. At the end of your appointment, make sure you check that you've asked everything you want to.

It might be helpful to take someone to the appointment with you. They can be there to remind you to ask questions, take some notes, or simply support you. Asking your healthcare team if you're able to record the appointment may also help as it's easy to forget what has been discussed.

Don't be afraid to ask your healthcare team to explain anything you don't understand and remember, the appointment is about exploring the possibility you may have a different form of asthma.

NOTES

Define Your Asthma is led and coordinated by Global Allergy and Asthma Patient Platform (GAAPP). The campaign is supported by GSK, via independent communication agency support and an educational grant.

DEFINE *your* ASTHMA



IF YOUR ASTHMA
TREATMENT ISN'T
WORKING, IT MAY BE
BECAUSE YOU HAVE
HAVE A DIFFERENT
TYPE OF ASTHMA

WHAT OTHER TYPES OF ASTHMA ARE THERE?

There is another type known as 'severe asthma'. As it sounds, people living with severe asthma experience a frequent and severe worsening of symptoms, even if they're being treated with high-dose controller medication.

A doctor or specialist will be able to tell you if your asthma is severe, and help you reduce symptoms and their impact on your life if this is the case.

HELPING YOU DEFINE YOUR ASTHMA

An international team of patients, advocacy groups and asthma experts have worked together to help you 'define your asthma'. They have developed a new definition for the condition, as well as a checklist to help you spot the signs you need to have a conversation with your doctor about asthma.

In this leaflet, you'll find tools to help you start that conversation.

STEP ONE: THE CHECKLIST

Developed by an international team of patients, advocacy groups and asthma experts, this new checklist can help you spot the signs that you may have a different type of asthma.

Please put an "X" in the box next to any of the signs that apply to you.

CLEAR SIGNS

- I regularly visit the emergency services or have stayed in hospital*
- I am often absent from work or school due to asthma*
- I often feel like nothing works to help with my symptoms*
- I often feel that asthma is controlling my life*
- I am scared of dying from asthma*
- My disease is unpredictable with regular asthma attacks (flare-ups)*
- I have symptoms that never go away*
- I have had two or more sets of steroid tablets in 12 months*
- I use my reliever/rescue medication more than twice a week even though I take controller inhaler(s) and tablets*
- I regularly use nebulizers to relieve my symptoms*

If any of the 'clear' (Red) signs apply to you, you should see your doctor who may refer you to a specialist. A specialist will be able to check if you do have a different type of asthma, and give advice on what to do next.

CONCERNING SIGNS

- I cannot do the things that I want to do, like exercise or household chores*
- I often need help from someone to conduct my daily activities, like cooking or laundry*
- Asthma puts a stress on my relationships*
- I am often forced to make unwanted changes in my daily life*
- I often feel depressed or anxious due to asthma*
- I often feel isolated and alone*
- I often feel like I have a heavy weight pushing down on my chest*
- My coughing often interferes with my normal activities*
- My symptoms often keep me awake at night*
- I cannot walk upstairs without becoming short of breath*
- I forget to take my controller inhalers*
- I am afraid of the side effects of my asthma medications*

If some of the 'concerning' (Yellow) signs apply to you, or you are worried about the impact of asthma on your life, speak with your doctor during your next appointment or asthma review.