

An Asthma Contract:

You and Your Doctor Working Together

There is no cure for asthma. But asthma symptoms can almost always be controlled. There are things you and your doctor can do together to manage your asthma.

Your doctor will make sure you have all the tools you need to take care of your asthma.

- Medicine:** Your doctor will prescribe medicines to treat your asthma and will teach you how to use them.
- Education:** Your doctor will teach you about your asthma and how to care for it.
- Peak Flow Meter:** You may get a peak flow meter. It will help you check your breathing at home each day. This will help your doctor know how well the medicine is working.
- Asthma Action Plan:** Your doctor will give you a written Asthma Action Plan. It will tell you how to take your medicines. It will also tell you what to do if you have an asthma flare-up.

There are some things that **YOU** must do to help manage your asthma:

- Find out the things that trigger your asthma. Stay away from them.
- If your doctor prescribes a controller medicine, take it every day like the doctor tells you to. Take it even if you feel fine.
- Always keep your rescue (quick-relief) medicine with you. Call your doctor if you have to use it more than 2 times a week.
- Check your peak flow each day and write down the number.
- Keep your doctor's appointments, even if you feel OK. Call your doctor or pharmacist before you run out of medicine. Always keep enough controller medicine and rescue medicine on hand.
- Bring all your medicines, your peak flow meter, and peak flow numbers to every doctor's appointment.
- If you go to the emergency room, be sure to schedule a follow-up appointment with your doctor.

You and your doctor are a team working together to manage your asthma. Asthma should not prevent you from having a healthy, active life. A little extra time and effort will be well worth a lifetime of easier breathing!

_____	_____
Patient	Date
_____	_____
Parent/Guardian	Date
_____	_____
Healthcare Professional	Date

Notes: