

**MAKE THE MOST
OF YOUR NEXT
APPOINTMENT.**



PLANNING AHEAD FOR A SUCCESSFUL VISIT

A little preparation for your next doctor visit can really pay off. And this brochure is designed to help. In it you'll find tips and advice to help you get ready for your appointment, and useful trackers for you to fill out.

These trackers can give your doctor a picture of your overall health, medications, activity level, and lifestyle. They may also help your doctor pinpoint any breathing problems you might have.

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Questions to ask your doctor

One of the most important things you can do at the doctor's office is ask questions. Your doctor is one of the best sources of expert information. So make sure to ask any questions you have about your condition and treatment.

1. How would you rate my overall health?
2. What health problems do you think I might have?
3. What tests might be needed to make a diagnosis?
4. What is my diagnosis?
5. What kind of treatments are there for this problem?
6. How do I take my medicines, and how often?
7. What other things can I do to improve my health?

YOUR BREATHING PROFILE

Complete this simple checklist. Take it with you when you talk to your doctor. It can help your doctor gain a snapshot view of your respiratory health.

Your symptoms

The symptoms below are common to people with breathing problems. Check any that you have. Estimate how often they occur. Then indicate if these symptoms have gotten better, worse, or more frequent since your last visit.

	How often? (daily/weekly)	Better/worse/ more frequent
<input checked="" type="checkbox"/> Shortness of breath	_____	_____
<input type="checkbox"/> Chronic cough	_____	_____
<input type="checkbox"/> Phlegm/mucus	_____	_____
<input type="checkbox"/> Wheezing	_____	_____

Your activities

Have you had to cut back on any of your usual activities?

Yes

No

Tracking your activities

Tracking your activities is an important part of monitoring your health. If your doctor sees you are cutting back on your activities, he or she may feel it is time to make a change in your treatment.

At every doctor visit, tell your doctor about your activities. Be sure to tell your doctor if you're doing fewer activities than before. Or if you are having a tougher time with those activities since your last visit.

On the next page, we have included a handy activity tracker. It can help you show your doctor how you are doing and how active you are. Just follow the simple instructions to fill it out.

ACTIVITY TRACKER

Let's see how you're doing

Recording your physical activities for seven days before your next visit will help your doctor see what kind of physical condition you are in. It will also help him or her see whether your activity level is getting better or worse over time.

Step 1.

List several daily physical activities in the indicated spaces. These could include climbing stairs. Walking to the mailbox. Cooking. Anything you do every day.

Step 2.

At the end of each day, rate your ability to perform each physical activity using the scale next to the chart.

Step 3.

Bring your completed tracker to your next doctor visit.

Rate your physical activity level each day according to this scale:

(leave the day blank if you did not do the activity)

- 1 Could not do activity
- 2 Did less of activity/
Had more difficulty
- 3 Did activity with
same level of difficulty
- 4 Did more activity/
Had less difficulty

Activities:

Date & Rating:						
/	/	/	/	/	/	/
MO. DAY	MO. DAY	MO. DAY	MO. DAY	MO. DAY	MO. DAY	MO. DAY

MEDICATION TRACKER

What medicines do you currently take?

Knowing your medicines and how often you take them will help your doctor understand your health problems and whether these medicines are working.

Use our easy 7-day medication tracker to keep a record

Start tracking your medicines seven days before your next visit. Fill in the name of the medication, the number of times each day you use each medicine, and if you take it more, less, or as prescribed by your doctor. When you've completed your medication tracker, take it to your doctor. Review it together.

Start Date:

Breathing Medications	Number of Doses Prescribed per Day	7-Day Medication Tracker						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		<input type="checkbox"/> More <input type="checkbox"/> Less <input type="checkbox"/> As prescribed	<input type="checkbox"/> More <input type="checkbox"/> Less <input type="checkbox"/> As prescribed	<input type="checkbox"/> More <input type="checkbox"/> Less <input type="checkbox"/> As prescribed	<input type="checkbox"/> More <input type="checkbox"/> Less <input type="checkbox"/> As prescribed	<input type="checkbox"/> More <input type="checkbox"/> Less <input type="checkbox"/> As prescribed	<input type="checkbox"/> More <input type="checkbox"/> Less <input type="checkbox"/> As prescribed	<input type="checkbox"/> More <input type="checkbox"/> Less <input type="checkbox"/> As prescribed
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SEE YOUR DOCTOR

Remember, your doctor is your partner

Only your doctor can decide if you have a breathing problem, and prescribe any medicines you may need. Your doctor can also help you make lifestyle changes that may make a difference.

It's important to keep your regularly scheduled appointments. That way your doctor can keep track of your health and progress.

At the end of your doctor visit

When you're done, discuss what changes you can make to help yourself breathe better. And be sure to ask your doctor about your treatment options.

NOTES

It's important to go into your doctor visits prepared. Use this space to list any additional questions or issues you'd like to raise.

During your visit, take all the notes you like. That will help you recall your discussion.

Date: /

