This information may help you and your asthma specialist evaluate if your asthma is e-asthma (eosinophilic asthma).

1. Answer
   Answer the questions below as best you can.

2. Keep
   Print and use this sheet or take a photo of it for your next doctor’s appointment.

3. Discuss
   Use it to help guide your e-asthma conversation with your doctor.

Answer these e-asthma questions as best you can.

In the past 2-4 weeks, have you:

- Used a rescue inhaler to control your asthma symptoms more than 2 days per week? ☑️ ☐
- Woken up in the middle of the night because of your asthma symptoms once or more per week? ☑️ ☐

In the past 12 months, have you:

- Taken oral steroids like prednisone for your asthma two or more times? ☑️ ☐
- Experienced an asthma attack that required emergency medical care? ☑️ ☐

If you answered yes to any of these questions, ask your doctor if your asthma could really be e-asthma.

Important e-asthma questions for your asthma specialist

1. Are eosinophils involved with my asthma symptoms?
2. Have my blood tests ever shown a high number of eosinophils?
3. If I haven’t been tested, how can I get a simple blood test now?
4. Are there treatments for e-asthma?
5. What other information do I need to know about e-asthma?
6. Should I see an asthma specialist, like an allergist or pulmonologist? (If you’re talking to your primary care physician.)

Make sure to take this to your next appointment.