This record may help you and your asthma specialist evaluate if your asthma is actually **e-asthma** (eosinophilic asthma)

1. **Track** your asthma symptoms using the calendar below.
2. **Keep** this sheet or take a photo of it to bring to your next doctor’s appointment.
3. **Use** it to help guide your e-asthma conversation with your specialist.

Start ____/____  End ____/____

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- **In the past 12 months I have:**
  - Taken an oral steroid like prednisone for my asthma two or more times.  
    - Yes □  No □
  - Experienced an asthma attack that required emergency medical care.  
    - Yes □  No □

**Take this completed calendar to your next asthma specialist appointment.**

**Nearly 7 out of 10 adults with asthma may have e-asthma.** Use the questions below to start the conversation with your asthma specialist.

1. What are eosinophils and how can they affect my asthma?
2. Can I get a simple blood test today?
3. What is considered a high number of eosinophils?
4. Are there treatments for e-asthma?
5. Additional questions

*Although not defined by clinical guidelines, eosinophilic asthma was considered an eosinophil count of 150 cells/μL or more for this CDC survey analysis.*

A simple blood test can determine your eosinophil level, or e-number. Learn how you can get your free blood test today by visiting www.easthma.com.