
Asthma and Allergies

Doctor Discussion Guide

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With Asthma and Allergies

It's common to have both asthma and allergies. If you have asthma, you may notice that your symptoms worsen when your allergies are triggered. If you're struggling with symptoms, speak with your healthcare provider about treatment options:

1 What can I take for my allergy symptoms?

NOTES:

2 Can treating my allergies improve my asthma symptoms?

3 Are there medications that can treat both allergies and asthma?

4 Should I take something for allergies before my symptoms start?

5 Do I need allergy testing?

6 Would allergy shots (immunotherapy) make a difference in my asthma symptoms?
