



CARTER FAMILY PRACTICE
MODERN MEDICINE, CLASSIC CARE

LIVING CONFIDENTLY WITH ASTHMA

— Bringing It All Together —

Asthma is something you manage—
it doesn't have to define who you are.
The more you understand your asthma,
the more confident you'll become in
recognizing symptoms, avoiding triggers,
using your medications correctly, and
knowing when to ask for help.

*Asthma Doesn't
Have to Hold You Back*



WHAT YOU'VE LEARNED

- ✓ I understand what asthma is.
- ✓ I know my common symptoms.
- ✓ I understand the difference between rescue and controller medications.
- ✓ I know many of my asthma triggers.
- ✓ I know what to do if my symptoms worsen.
- ✓ I know when to contact Karen.



KEEP BUILDING HEALTHY HABITS



Take medications
as prescribed.



Stay
active.



Get enough
sleep.



Avoid
smoking.



Keep follow-up
appointments.



Continue
learning.

Karen's Perspective



My goal isn't for you to have a perfect life without challenges.
My goal is to help you understand your asthma well enough that it
becomes just one small part of your life—not the thing that controls it.
We'll continue learning, adjusting your treatment when needed, and
working together to help you breathe easier and live confidently.

QUESTIONS FOR KAREN

- ? What should my long-term asthma goals be?
- ? How often should we review my asthma treatment plan?
- ? What can I do to continue keeping my asthma well controlled?



Remember

The goal isn't to eliminate every challenge.
The goal is to understand your asthma, recognize changes early,
follow your treatment plan, and know that you're not managing it alone.

We're here to help every step of the way.



QUESTIONS ABOUT THIS TOPIC?

Karen's Corner

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Have a question after reading this Field Note?
Send it to Karen's Corner. Your question may
even inspire a future educational resource.



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