

ASTHMA RESOURCES



Photo: American Lung Association of WA

Snohomish County, State and National, Medical and Patient Support Resources 2006





Introduction

Mission Statement

The Asthma Alliance of Snohomish County (AASC) is a network of community members working to decrease the development, prevalence, and impact of asthma in Snohomish County.

AASC began in late 2002 and consists of more than 70 interested individuals representing a variety of professions in organizations and agencies that have joined together to improve asthma in our county. The past steering committee includes representatives from Snohomish Health District, the American Lung Association of Washington, Providence Everett Medical Center, and Everett School District. The complexity of asthma requires the dynamics of a broad range of skills and professions to effectively manage the disease. Based on this premise, AASC is a network of agencies and organizations including school districts, Head Start, childcare, clinics, hospitals, pharmaceutical, Washington State Medical Association, weatherization programs, and public health. We strive to continue to grow and expand our membership.

AASC continues to develop activities and goals that focus on school, medical care, environment and the community. This resource guide was one of the first products of our efforts in 2003/2004. We hope that this updated version of the guide will help parents, families, and professionals identify resources needed to better manage asthma.

Disclaimer

Although we have made a diligent effort to ensure the accuracy and currency of the information presented, we make no claim that the guide is comprehensive. The use of trade names is for identification only and does not imply endorsement by AASC.

Contacts and Acknowledgements

For more information on this report or to request additional copies, please write Health Statistics and Assessment Program, Snohomish Health District, 3020 Rucker Avenue, Suite 102, Everett, Washington 98201 or call 425.339.8618 or email wblaisdell@shd.snohomish.wa.gov. The asthma resource guide is also available at www.snohd.org/snohealthstats.

Thank you to all members of AASC for their contributions and hard work in preparing this guide.



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What is Asthma?

Asthma is a chronic lung condition and is one of the leading causes of school and work absences. People with asthma have very sensitive airways or bronchial tubes. Asthma is rarely cured, but it can always be controlled.

Warning Signs and Symptoms of asthma are not the same for everyone with asthma. Symptoms can vary from mild to severe (“asthma attack”). Some of the common warning signs are:

- Chronic cough, especially at night or after exercise
- Difficulty breathing in or out
- Wheezing
- Breathing faster than normal
- Shortness of breath
- Itchy, scratchy or sore throat
- Feeling restless or tired
- Unable to talk in full sentences

Triggers may cause asthma or make asthma worse. They are different for everyone with asthma. People who have asthma should become familiar with their triggers and learn how to avoid them.

Examples of Triggers:

- Tobacco smoke
- Dust
- Wood smoke
- Dust mites
- Vehicle exhaust
- Cockroaches
- Ozone (smog)
- Animal dander and feathers
- Exercise
- Perfume or cologne
- Cold air
- Hair spray
- Paint and gasoline fumes
- Pollens from grass, trees, weeds
- Airborne molds
- Viral respiratory infections
- Reflux (heartburn)
- Sinusitis

For further information about which triggers are associated with causing asthma or making it worse go to www.cdc.gov/nceh/airpollution/asthma/speakit/default.htm or www.atsdr.cdc.gov/HEC/HSPH/v12n2-2.html. The statistical strength of the evidence for these associations also varies, and this information is also found at these sites.



What is Asthma?

How to Manage Asthma

- Visit your health care provider regularly
- Always have and carry with you a written “Asthma Action Plan”⁽¹⁾
- Understand and follow the directions from your doctor
- Take your medication as directed
- Learn the signs that you are having an asthma attack
- Avoid triggers that may cause you to have an attack
- Exercise (the one trigger you should manage, not avoid)
- Call your health care provider if the symptoms get worse
- Carry your medicine wherever you go
- Remain calm and relaxed

(1) Form for Asthma Action Plan available at:

- www.snohd.org/snohealthstats
- www.alaw.org

“I can do anything even though I have asthma. I just have to know how to handle it.” - Kyra, age 11

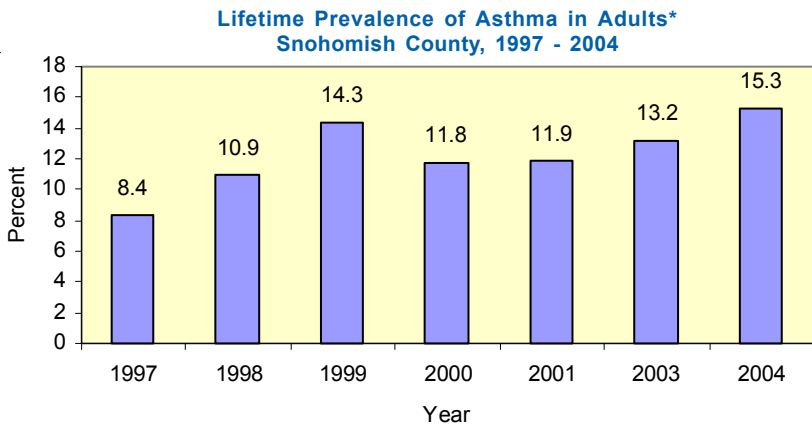




Local

Prevalence

- The lifetime prevalence of asthma in adults increased from 8.4% in 1997 to 15.3% in Snohomish County.¹
- In 2004, over one out of seven adults (15.3%) reported having asthma sometime in their lifetime.



* Lifetime prevalence is adults reporting ever-diagnosed with asthma by a health care provider. Data source was Snohomish County BRFSS.

- In 2004, of those ever having asthma, 9.2% or approximately one out of 11 adults in Snohomish County currently had asthma.¹
- Between 1999 and 2004, there was no change in the percent of Snohomish County adults with current asthma (8.3% in 1999, 9.2% in 2004).
- In 2004, about one of five (19.7%) children had an asthma attack or took asthma medication in the last year.²

Hospitalization

- Child hospitalization rates were two times greater than adult rates. In 2003, there were 91.2 asthma hospitalizations per 100,000 population in Snohomish County.³
- In 2003, children ages four years and younger were eight times more likely to be hospitalized for asthma than children ages 15-17.³



Mortality

- In 2003, five Snohomish County adults died due to asthma. The mortality rate for asthma in adults was 1.07 per 100,000 population. Rates have significantly declined since 1994.⁴
- No children in Snohomish County died due to asthma in 2002 or 2003. Between 1994 and 2003, 4 children died due to asthma.⁴

Risk Factors

Poverty

- In 2003, adults were 1.6 times more likely to currently have asthma if they lived in a household with 200% poverty.¹

Smoking

- Asthma was more common in adults who smoked (38.6%) than in non-smokers (25.5%).¹

Data Sources:

- (1) Snohomish County Behavioral Risk Factor Survey (BRFSS), 1997 - 2004
- (2) Washington State Healthy Youth Survey, 2004
- (3) Comprehensive Hospital Abstract Reporting System (CHARS): Washington State Department of Health, Office of Patient Data Systems, Center for Health Statistics, 2003
- (4) Death Certificate Data, Washington State Department of Health, Center for Health Statistics, 1994 - 2003

State and National

Centers for Disease Control and Prevention (CDC)

800.311.3435

<http://www.cdc.gov>

Washington State Asthma Burden Report

www.alaw.org/asthma

National Center for Health Statistics

<http://www.cdc.gov/nchs>



The Environment

Local

BioClean, Inc.

(Arlington) 360.435.8170
www.biocleanwa.com
Mold remediation

Landlord/Tenant Law

Attorney General, Consumer Protection Division
Questions & Complaints:
800.692.5082
www.wa.gov/ago/consumer/lt/index.shtml
Provides general information about Washington's Residential Landlord-Tenant Act.

Master Home Environmentalist Program (MHE) via ALAW

206.441.5100 or 800.732.9339
www.alaw.org Provides free home inspections and/or advice on clean indoor environments.

Northwest Abatement Services, Inc.

253.588.0440
www.nwabatement.com
Mold remediation. Lead, abatement and asbestos removal.

Snohomish County Weatherization Assistance

425.388.7263
Provides weatherization services to low-income homeowners and renters. Services include indoor air quality, and health and safety assessment.

Puget Sound Clean Air Agency

www.pscleanair.org 800.552.3565
Enforces federal, state and local air quality laws and regulations. Policies and programs are designed to meet and maintain air quality standards, protect human health, and prevent injury to plant and animal life. Provides local air quality forecasts.

Snohomish Health District Environmental Health Division

www.snohd.org/
Mold information line:
425.339.8721
Environmental Health Division:
425.339.5250
Provides information about indoor air quality (IAQ) issues, including mold, one of the most common IAQ concerns. The Partners in Child Care program can conduct assessments for child care centers and family child care homes. 425.339.5230

Snohomish County Apartment Owners Association

425.353.6929 email: scaoa@msn.com

Volunteers of America Dispute Resolution Center

425.339.1335 / 800.280.4770
Offers mediation and conflict resolution services to assist landlords and tenants in resolving their disputes, including mold problems.



The Environment

National

Allernet

www.allernet.com

Provides education about allergies and contains an aeroallergen photo library.

American Academy of Allergy, Asthma and Immunology

www.aaaai.org Provides pollen counts and other information.

Environmental Protection Agency (EPA)

800.438.4318

www.epa.gov

Provides information about indoor air quality, Tools for Schools, and many other resources.

Carpet and Rug Institute

www.carpet-rug.org

Contains information regarding how carpet affects IAQ, including deep dirt, emissions, car care and cleaning recommendations.

Pollen.com

www.pollen.com

Provides weekly pollen counts by state and city.

National Air Duct Cleaners Association

1.202.737.2926

www.nadca.com

Assists with referrals and provides information on duct debris as an asthma trigger.

National Center for Environmental Health Strategies

1.856.429.5358

[email: ncehs@ncehs.org](mailto:ncehs@ncehs.org)

Assists with referrals, policy development, IAQ, and education regarding chemical sensitivities.

National Institute of Environmental Health Sciences (NIEHS)

www.niehs.nih.gov

Web search results include asthma research at NIEHS, research studies, allergy prevention, asthma and allergy resources, travelers' health, air pollution and respiratory health, second hand smoke, and information specific to children. Information is available in Spanish.

Indoor Environmental Quality

<http://ieq.nibs.org>

A project of the National Institute of building sciences that offers information on the design and maintenance of buildings to promote good IAQ.

Mold Consultants

503.310.6636

www.mold-consultants.com

Provides mold assessments, reviews of new products, and post remediation clearance testing. Serves Oregon and Washington.



Local

A&B Healthcare (Stanwood)
360.629.2977

Apria Healthcare
425.353.2007

Choice Medical Supplies
(mail order only)
800.456.3500

Convalescent Equipment and Supply (Edmonds)
425.774.0083

Hilton Pharmacy (Marysville)
360.659.3222

Lincare (Everett)
425.303.8797

Medical Supply (Snohomish)
360.653.9500

Medic Repair and Sales
(Everett) 425.252.6133

Option Care (Everett)
425.348.3600

Pharmasave
360.691.7778 (Granite Falls)
360.794.7351 (Monroe)
Medical equipment
360.794.4641

Respicare (Edmonds)
425.776.4870

Did you know...

Asthma is the sixth-ranking chronic condition in our nation and the leading serious chronic illness of children in the U.S.?





Family Assistance

Local

Allergy & Asthma Network Mothers of Asthmatics (AANMA)

www.aanma.org

AANMA is a nonprofit membership organization that provides medical news, emotional support, and practical strategies for overcoming asthma and allergies as well as books, videos, and a variety of other products available for purchase online. Information is available in Spanish.

American Health Care Service

425.317.8001 or 206.839.1070

Provides in-home visits, assessments, management, and education for asthmatics.

American Lung Association of Washington (ALAW)

www.alaw.org

See page 18 for description.

Apria Healthcare, 425.353.2007

Provides in-home comprehensive asthma education and asthma equipment, treatment, nebulizers, peak flow and spirometry.

Asthma and Allergy Foundation of America, Washington

Chapter www.aafawa.org

800.778.AAFA or 206.368.2866

Provides information, education, community resources and support for people with asthma or allergies. Also provides training for childcare

providers and families with children with asthma. Peakflow meter and spacers are available to low income people in need. Charity nebulizer program.

Christian Health Services

425.265.1556 or 800.265.1556

Provides non-denominational home visits, assessments, and management for asthmatics.

Evergreen Home Health Services

800.298.2442 or 425.899.5555

Provides in-home visits, assessments, management, and education.

Healthteam Northwest

(pediatric only up to 21 years)

425.482.4000

Provides home visits, assessments, management, and education to pediatric asthmatics.

Heartland Home Health Care

(Adults only) 206.417.7700

Provides home visits, assessments, management, and education for adult asthmatics.

Kid's Health For Parents

www.kidshealth.org/parent/medical/lungs/asthma_mgmt.html

Website contains information for parents, teens, and kids on asthma related topics, including an asthma management plan.



Family Assistance

Local

Lincare

425.303.8797

Provides in-home comprehensive asthma education and asthma equipment, treatments, oxygen, spirometry, nebulizers, and peak flow measurements.

Providence Everett Medical Center Asthma Education

Rebecca Rose, RRT
425.261.3780

Providence Lifeline

425.261.4828

Personal emergency response services

Providence Hospice and Homecare

425.261.4800

Provides home visits, assessment, management, and education for asthmatics.

Snohomish Health District

425.339.5230

The Children with Special HealthCare Needs (CSHCN) program visits asthmatic children at no cost to client.

Visiting Nurses

800.449.2221

Provides home visits, asthma management/assessment, education and resources to asthmatics.

National

National Center for Youth/ Children with Disabilities

www.nichcy.org

800.695.0285

NICHCY is the national information center that provides information on disabilities and disability-related issues. Anyone can use our services - families, educators, administrators, journalists, and students. Its focus is children and youth (birth to 22).

National Jewish Center for Immunology and Respiratory Medicine

www.NationalJewish.org

1.800.222.LUNG

A respiratory nurse answers questions about early detection of asthma, asthma care and prevention, and other immune, respiratory, and allergic conditions. Booklet: "Understanding Asthma." Available in Spanish.



Local

Allergy and Environmental Medicine PC

Everett
425.334.1773

For list of physicians or
allergists, see the Yellow Pages

American Lung Association

800.548.8252
Available 24/7 nurse consultation

Everett Clinic

Department of Allergy, Asthma &
Immunology
425.339.5412
www.everettclinic.com

Everett Ear, Nose & Throat

Everett
425.258.4361
Bothell
425.316.5100

Group Health Everett

Allergy & Immunology
425.261.1500

Northwest Asthma and Allergy Center

Everett
425.385.2802
Mt. Vernon
360.424.4410
Toll Free: 800.437.4055

Pulmonary Rehabilitation Program

360.629.5823

*Note: In most cases, your primary care physician must refer you to a specialist.
Specialists may or may not accept DSHS or medical coupons.



Kid-Friendly Information

National

Asthma Busters

www.AsthmaBusters.org

AsthmaBusters.org® is an on-line club for children ages 7-14. A special registry for school nurses is available.

Asthma Help.com

www.asthmahelp.com

Website is sponsored by Med Link American Pharmacy. Provides general information on asthma for patients and a link to "Puffer's Kingdom," an interactive, educational site designed specifically for kids with asthma. "Puffer's Kingdom" offers helpful tips on how to properly use equipment as well as fun games for kids.

*"It's scary
when I
can't
breathe
right."
- Nicole,
age 10*





Medication Assistance & Drug Manufacturers

National

MedPin

Medicine for People in Need

www.medpin.org

510.302.3300

Needy Meds

www.needymeds.com

Information regarding patient assistance programs. Website lists drugs available at no charge and provides information on how to apply for the programs.

Partnership for Prescription Assistance

www.pparx.org

888.477.2669

The Cost Containment Research Institute

www.institute-dc.org

Information on ordering a booklet on free or low-cost medications.

Volunteers in Healthcare

www.rxassist.org

877.844.8442

Provides healthcare resources and detailed listings of patient assistance programs available from drug manufacturers.

Drug Manufacturers Customer Service Phone Numbers

Abbott

800.255.5162

Astra/Zeneca

800.237.8898

Boehringer Ingelheim

800.243.0127

Forest

800.678.1605

Glaxo-Smith Kline

888.825.5249

Maxair Inhaler

800.841.3885

Merck & Co, Inc

800.672.6372

Schering Plough

800.526.4099

Sepracor

877.737.7226

UCB Pharmaceutical

800.477.7877

We Pharmaceutical

800.262.9555



Miscellaneous Resources for Patients

Local

Medicaid Asthma Program

Contact: Art Sprenkle, MD
425.891.0502 email:
asprenkle@myexcel.com
A patient support program for Medicaid members who have fee-for-service coverage (Healthy

Options members not eligible). Program continues through 2006. Nurse support consists of asthma assessment and targeted education and support. The program is important for several/ difficult to control asthmatics.

National

Allergy Buyer's Club

www.allergybuyersclub.com
Offers a place to shop, learn more about how to eliminate allergens, gain sinus relief and asthma control as well as create a healthy home.

Adult Education Network

www.healthtalk.com
Website provides information for patients on asthma including definitions, asthma in children, asthma in genetics, asthma management during pregnancy, information on allergies, articles by doctors, current research, and profiles of athletes with asthma.

American Lung Association

www.lungusa.org
The American Lung Association® has many programs and strategies for fighting lung disease, including asthma. Website available in Spanish.

American College of Chest Physicians

www.chestnet.org
The American College of Chest Physicians (ACCP) is a medical specialty society of physicians, surgeons, and allied health professionals. Website includes asthma articles by healthcare specialists, and a patient education page with basic asthma education. Patient information is available in Spanish.

Asthma and Allergy Foundation of America

www.aafa.org
Provides practical information, community based services, support and referrals through a national network of chapters and educational support groups. Product catalog is available in Spanish.



Miscellaneous Resources for Patients

National

Center for Disease Control National Asthma Control Program

www.cdc.gov/niosh/topics/asthma/

CDC website has extensive information for patients, parents, healthcare providers and educators, and information designed just for kids. It details school and community programs, provides outlines for community presentations, and offers state specific information, general facts, treatment and management options. Some information is available in Spanish.

National Eczema Association

www.nationaleczema.org

Information about the correlation between asthma and high-incidence eczema.

Food Allergy & Anaphylaxis Network (FAAN)

www.foodallergy.org

800.929.4040

Advice about food allergies and their link to asthma and anaphylaxis. Topics include anaphylaxis, managing food allergies in schools, allergy free recipes, and research studies.

Healthy Zones, Inc.

www.ZoeyZones.com

Website contains information about asthma with pages for kids, parents, and clinicians and has an online store with asthma videos and books for kids available in English and Spanish.

Medic Alert

888.633.4298 www.medicalert.org

Call to obtain “medic alert” bracelets.

National Institute of Allergy and Infectious Disease

www.niaid.nih.gov

Educational brochures and materials on food and asthma allergies.

Pediatric/Adolescent Gastroesophageal Reflux Association

1.301.601.9541 www.reflux.org

Education and support for asthmatics and professionals regarding GERD and its relationship to asthma.

U.S. Department of Health and Human Services

www.healthfinder.gov

Under the “Health Library” section for asthma are links to asthma organizations, asthma facts and other asthma resources. Multi-lingual resource.



State

Washington State Medical Association Education & Research Foundation Collaborative

Contact: Art Sprenkle, MD

425.891.0502 email: asprenkle@myexcel.com

The collaborative is standardizing and improving asthma care throughout the state. The group developed a single set of asthma best-practices intended to serve as the standard of care for the entire state. In addition, a coordinated effort is being made to provide direct support to physicians who care for asthma patients.

Washington Asthma Initiative at ALAW

Contact: Kathy Kiwala, MS

www.alaw.org/wai 800.732.9339

Mobilizes individuals and communities throughout Washington to improve the prevention, diagnosis, and management of asthma in order to decrease its individual and societal burdens. Committees: Community-Based Activities, Advocacy, Practitioner Support, Resources and Data.

Washington State Department of Health – Asthma Program

Contact: Karen Krueger

360.236.3611

National

American Academy of Allergy, Asthma & Immunology (AAAAI)

www.aaaai.org

414.272.6071/800.822.2762 Patient and physician referral line

Medical news and education for professionals and patients. Site includes links to patient support groups and offers assistance in finding an allergist.

American Academy of Family Physicians (AAFP)

www.aafp.org/afp/970700ap/asthma.html

800.274.2237

This webpage displays the article “Providing Asthma Education in Primary Care” by S.W. Stoloff, M.D. and Susan Jansen, D.N.Sc., R.N., A.N.P. States the necessity of open communication between patients and clinicians and outlines what patient education should include. A written asthma self-management plan is included.



National

American Academy of Pediatrics (AAP)

1.874.434.4000 www.aap.org

Professional resource –sells brochures, articles and books.

American Association of Respiratory Care (AARC)

1.972.243.2272 www.aarc.org

Professional resource for CE, training for Respiratory Technicians.

American College of Allergy, Asthma & Immunology

[1.847.427.1200](tel:18474271200) www.acaai.org

A professional organization that represents the interests of allergist-immunologists.

American College of Chest Physicians (ACCP)

1.847.498.1400 www.chestnut.org

A Professional resource that offers publications for care providers.

American Nurses Association (ANA)

www.nursingworld.org

800.274.4262

A professional development resource that offers nurses with literature updates, online journals, and an E-bookstore.

Asthma in America: A Landmark Survey

www.asthmainamerica.com

A research group funded by Glaxo-Wellcome. The survey is one of the largest and most comprehensive surveys of public, patient and professional knowledge, attitudes and behavior toward asthma in the U.S. Website contains articles about communication between healthcare providers and patients. Patient information includes asthma overview, data, and statistics on asthma, as well as an asthma management plan and patient quiz.

Association of Asthma Educators (AAE)

www.asthmaeducators.org

888.988.7747

A professional group that promotes the role of the asthma educator.



National

American Thoracic Society

www.thoracic.org

Members help prevent and fight respiratory disease through research, education, patient care and advocacy. Website includes links to medical journals and pertinent conference information.

CenterWatch Clinical Trials Listing Service

www.centerwatch.com

Provides information services used by patients, pharmaceutical, biotechnology and medical device companies, CROs and research centers involved in clinical research around the world. Website includes listings of industry-sponsored clinical trials that are actively recruiting patients in the U.S. and internationally.

Global Initiative for Asthma (GINA)

www.ginasthma.com

GINA is a project conducted in collaboration with the National Heart, Lung, and Blood Institute, the National Institute of Health USA and the World Health Organization. Its goals are to increase awareness of asthma and its public health consequences. This website is the headquarters for World Asthma Day. Some information is available in Spanish.

National Heart Lung and Blood Institute (NHLBI)

www.nhlbi.nih.gov

301.592.8573/301.496.4236 (prevention, education and control)

Copies of the asthma treatment guidelines can be obtained on the website as PDF or Palm OS file.

New England Journal of Medicine

www.content.nejm.org

The Asthma collection covers topics such as the pathophysiology of asthma, endotoxin exposure, leukotrienes, and inhaled corticosteroids and includes research articles, case reports, reviews, and editorial commentary.



Local

American Lung Association of Washington (ALAW)

www.alaw.org

800.732.9339 or 206.441.5100

- Asthma Friendly Camps
- Asthma Education Network
- Asthma management kits
- Educational brochures, posters, and curriculum
- Master Home Environmentalist Program: www.alaw.org/mhe
- Asthma Action Alert
- Asthma information & referral, including Peak Flow meters

Children's Hospital and Regional Medical Center

800.293-CHMC or 206.987.2000

Lending Library – 8:00 am to 12:30 pm M – F (Only available to school and public health nurses in Washington State.) Call for a catalog or to order videos. They will be mailed to you with return postage paid.

State

Environmental Protection Agency Region 10

www.epa.gov/ebtpages/humachildrschoolenvironments.html

206.553.2589

“Tools for Schools” (Indoor Air Quality) shows schools how to carry out a practical plan of action to improve indoor air problems at little or no cost using straightforward activities and in-house staff.

Did you know...



Asthma accounts for an estimated 3 million lost workdays annually for people older than 18 years of age?



National

Asthma and Schools

www.asthmaandschools.org

Asthma and Schools consolidates information about asthma-related resources for school personnel working with grades K-12. It provides links to educational materials, medical information, websites, and other resources useful for anyone who works in a school serving children and youth.

Ellie Goldberg M.Ed, Educational Rights Specialist

www.healthy-kids.info

619.965.9637

Healthy Kids: The Key To Basics is created for students who require some extra thought and planning to enable them to attend school safely and successfully. The articles and workshops are designed to help parents, professionals, and schools understand the legal principles that define the rights of students and to share the exemplary programs and resources that promote successful parent-school collaboration.

Healthy Schools Network

www.healthyschools.org

Founded in 1995, Healthy Schools Network, Inc. (HSN) is a national non-profit organization, centered on children's environmental health. Through research, information and referral, advocacy, and coalition-building HSN promotes the development of state and national policies, regulations, and funding for school facilities environments, and has won national recognition for its clearinghouse services, as well as its model program and outreach, now being replicated in numerous states.

National Association of School Nurses (NASN)

www.nasn.org

1.866.627.6767

Policy development, support for school nurses, updates on practices, website for members only.



National

National Education Association

www.nea.org

Founded in 1857 “to elevate the character and advance the interests of the profession of teaching and to promote the cause of popular education in the United States.” Website offers several articles pertaining to school children with asthma.

SchoolAsthmaAllergy.com

www.schoolAsthmaAllergy.com

Provides accurate, current, useful tools and information to empower all those caring for school-age children with asthma and allergies. Website information is available in Spanish.

Shering-Plough

800.558.7305 or 800.656.9485

Provides athletic scholarships (to those diagnosed with asthma) to attend college.

Did you know...



Asthma is one of the leading causes of school absenteeism in the U.S. In

2002, 14.7 million school days were missed due to asthma?



Asthma, Asthma, You Can't Stop Me, 1998

KidSafety of America
800.524.1156

Asthma Moms Video Page

Online videos for parents of children with asthma.
www.asthamamoms.com/movies/video.htm

Breathing Easy: Getting the most from your asthma medications

American Lung Association
800.LUNG.USA

Winning Against Asthma Managing Childhood Asthma: A Parent's Guide, 1994

MedCom, Inc.
800.877.1443

Mastering Asthma: a family's guide to understanding and living with asthma, 1998

Nemours Foundation via Aquarius Healthcare Videos at 1.888.440.2963 or purchase online at www.aquariusproductions.com

Dealing with Asthma, Diabetes, and Epilepsy in Schools, 2001

Coastal Training Technologies
800.695.0756 ex 7470

Sesame Street's "A" is for Asthma

American Lung Association
800.LUNG.USA or 206.441.5100

Not Under My Roof: Protecting Your Baby from Toxins at Home, 2001

Children's Health Environmental Coalition
www.checnet.org

How to Allergy Proof Your Home

National Allergy Supply, Inc.
1.800.522.1448

Poisoning Your Children: the Perils of Secondhand Smoke

Pyramid Film & Video
1.800.421.2304

Making a Difference - Asthma Management in School

National Heart, Lung & Blood Institute
www.nhlbi.gov

Contact the American Lung Association of Washington for an additional listing of asthma videos. 800.LUNG.USA or 206.441.5100
www.alaw.org



Other Print Media

Asthma Education Slide Show

American Lung Association of WA:

www.alaw.org

Student Asthma Action Plan

American Lung Association of WA

www.alaw.org

www.snohd.org/snohealthstats

The Everett Public Library

Many books available for children and young adults about asthma.

Children's Hospital and Regional Medical Center

800.293-CHMC or

206.987.2000

Lending Library – (Only available to school and public health nurses in Washington) Call for a catalog or to order videos.

Low literacy asthma handouts

www.itsa.ucsf.edu/~hclinic/

[handouts.dir/lowlit.dir/asthma.dir/](#)

Handout includes illustrated instructions about what to do in the event of an asthma attack.

Pedipress, Inc.

www.pedipress.com

800.611.6081

Publisher of books and brochures about asthma written by Thomas F. Plaut, M.D. Available in Spanish. Also provides a link to the Journal of Asthma.

Contact the American Lung Association of Washington for an additional listing of other media. 800.LUNG.USA or 206.441.5100

www.alaw.org

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