


The Lung Association has many different ways we can help individuals, families and caregivers manage asthma effectively.

 products and services are all free and only a phone call, website visit or e-mail away.

Manage your asthma. Enjoy life.

We can help.

Call our Asthma Action Helpline:
Monday through Friday
8:30 a.m. to 4:30 p.m.
at 1-800-668-7682 and speak with
a Certified Asthma Educator.

**Visit our websites to access information
on Asthma:**

www.on.lung.ca
www.teenasthma.ca

e-mail: info@on.lung.ca

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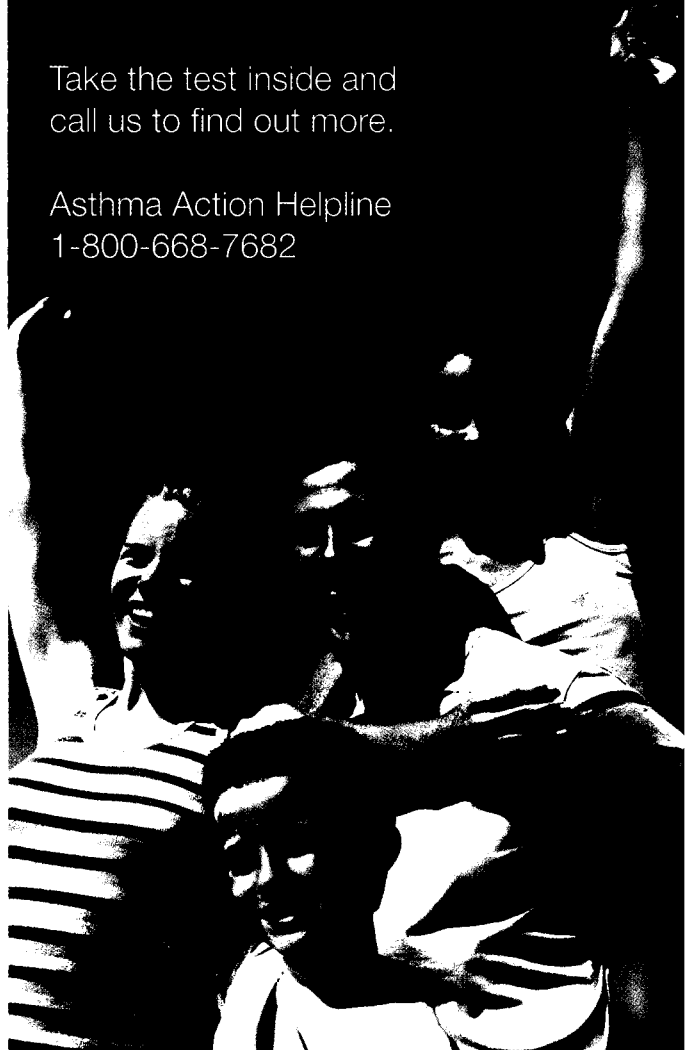
THE  LUNG ASSOCIATION™
When you can't breathe, nothing else matters.

asthma

Is your asthma well controlled?

Take the test inside and
call us to find out more.

Asthma Action Helpline
1-800-668-7682



Is your asthma well controlled? Take this simple test to find out...

Do you (or your child) ever wake up at night coughing, wheezing or short of breath? YES NO

When you get up in the morning do you cough, wheeze or find yourself short of breath? YES NO

Do you need to take your reliever medicine (Ventolin, Bricanyl, Oxeze) more than 3–4 times weekly (except when taken before exercise)? YES NO

Are you missing school or work because of asthma? YES NO

Do you avoid exercising because your asthma symptoms worsen with exercise? YES NO

Answering YES to any one of these questions may mean that your asthma is not controlled. You may wish to make an appointment to talk to your health care provider. To find out more now you can call a Lung Association Certified Asthma Educator at 1-800-668-7682.

The Lung Association can help!

Our Certified Asthma Educators can answer your questions and provide up-to-date educational materials about living with asthma. We have materials specific to children living with asthma and the real issues that families deal with on a daily basis. This service is free and all materials are supplied at no cost to you. Call our toll-free Asthma Action Helpline today at 1-800-668-7682 or visit our website at www.on.lung.ca.

What can I do to better control my asthma?

1. Learn the warning signs of your asthma and know what to do when you have a serious asthma attack.
2. Try to identify the triggers that may bring on an asthma attack and then, if possible, avoid those triggers.
3. Understand the types of medicines used to treat asthma and the differences between these reliever and controller medications.
4. Talk to your doctor about a written asthma action plan. Ask questions and talk openly about your concerns.
5. Ask your doctor or pharmacist to show you how to use your inhalers.

Can something in your home be triggering your asthma?

Yes. The following is a list of things which can be found in many homes that are potential triggers for asthma in children and adults.

- cigarette smoke
- pets
- dust mites
- pollens
- moulds
- household cleaning products

For more information about residential indoor air quality and what you can do in your home to improve it please visit our website www.yourhealthyhome.ca.