



# Allergy & Asthma

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# ASTHMA RESOURCES

Recommended by Allergy & Asthma  
Medical Group & Research Center

[www.allergyandasthma.com](http://www.allergyandasthma.com)

Updated:  
March 2011

# Educational Resources

## BOOKS

### ***The American Lung Association's Family Guide to Asthma and Allergies***

1997, The American Lung Association  
Asthma Advisory Group with Norman H.  
Edelman, MD.

Order from Little, Brown and Company

(800) 759-0190.

[www.lungusa.org](http://www.lungusa.org)

Shows adults and families how to manage asthma and allergies and lead an active, healthy life. Provides information on treatment options and medications. Available at most bookstores.

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### ***Asthma Guide for People of All Ages***

1999, Plaut, Thomas F., MD.

Order from Pedipress, Inc., 125 Red  
Gate Lane, Amherst, MA 01002.

(800) 611-6081.

[www.pedipress.com](http://www.pedipress.com)

Comprehensive, accurate, and current guide for people who want to understand and control their asthma. Includes complete discussion of the basics of asthma and the medicines used to treat it. Addresses asthma issues faced in the school, the family and in travel. Available at most bookstores.

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### ***Guide to Your Child's Allergies and Asthma***

2000, Welch, Michael J., MD.

Sponsored and produced by the  
American Academy of Pediatrics (AAP).

Order from AAP Publications at  
[www.aap.org](http://www.aap.org)

(888) 227-1770

Up-to-the-minute advice from pediatricians on how to identify allergies and asthma, prevent attacks, minimize triggers and avoid allergens, understand and choose medications, explain allergies to young children, and help children of all ages manage symptoms. Available at most bookstores.

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### ***Your Child's Allergies and Asthma 2<sup>nd</sup> Edition***

2011, Welch, Michael J., MD.

Sponsored and produced by the American  
Academy of Pediatrics (AAP). Order from  
AAP Publications at [www.aap.org](http://www.aap.org)

(888) 227-1770

Invaluable resource for parents and caregivers trying to cope with the challenges of childhood asthma and allergies. This well organized guide covers such topics as identifying allergies and asthma, preventing attacks, minimizing triggers, explaining allergies to young children, helping children manage symptoms, dealing with a life-threatening reaction and much more. Provides updated information – including the latest findings on food allergies and treatments – along with new approaches on medications and new recommendations.

**One Minute Asthma  
Eighth Edition, Revised 2011**

Thomas F. Plaut, M.D.

Available at PediPress:

[http://www.pedipress.com/book\\_oma.html](http://www.pedipress.com/book_oma.html)

Or Amazon:

<http://www.amazon.com/dp/B004OEJN56/?tag=pedipresscom-20>

One Minute Asthma is an easy-to-read guide that can help people with asthma stay out of the emergency room, out of the hospital and as active as everyone else. Accurate, clear, and illustrated with line drawings and charts, One Minute Asthma covers the basics of asthma and the medicines used to treat it. Readers will learn how to recognize symptoms, monitor the progress of an episode and communicate clearly with health professionals. There is more helpful information packed into this best-selling 80-page pocket size book than in many books three times as long. Reading just one page, "Medicines that make asthma worse," has helped many people improve their asthma care overnight.

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## MAGAZINES

**Allergy & Asthma Health**

Signature Publications, P.O. Box 29729,  
Dallas, TX 75229-0729.

Call (800) 878-4403 to subscribe.

Published quarterly, subscriptions \$12.95/year.

Official publication of Allergy Asthma Network/Mothers of Asthmatics, Inc. Wide range of informative articles about allergy and asthma care.

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**Asthma: Strategies for Taking  
Control**

Lifelong Publications, 55 Chapel  
Street, Newton, MA 0215 8.

Call (800) 527-3284 to subscribe.

Published bi-monthly, subscriptions: \$1 9.95/year.

An informative, consumer friendly magazine about optimal asthma management. Also provides summaries of the latest research on asthma and allergies, including an American Lung Association page. A limited number of free copies are available by calling the local Lung Association office 1-800-LUNG-USA.

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**Coping with Allergies & Asthma**

Media America, Inc., PO Box 6882268  
Franklin, Tennessee 37068-2268.

Call (615) 791-3859 to subscribe.

Bi-monthly publication, subscriptions: \$17 for one year (6 issues) and \$31 for 2 years (12 issues).

Addresses many allergy and asthma problems. It also offers a section entitled LAB LANGUAGE, a glossary that teaches the reader about medical terms used for allergies and asthma.

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## National Organizations & Websites

**Allergy and Asthma Network-Mothers of Asthmatics, Inc. (AAN-MA)**

3554 Chain Bridge Road, Suite 210,  
Fairfax, VA 22030.

1(800) 878-4403, (703) 385-4403.

Dedicated to providing a link between the home, school, physician, and pharmaceutical industry in order to help families cope with asthma. Publishes the MA Report, a monthly newsletter full of useful information and advice for parents of asthmatics. Also publishes other educational materials. Membership is \$25 per year.

<http://www.aanma.org/>

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**American Academy of Allergy Asthma and Immunology (AAAAI)**

611 E. Wells Street  
Milwaukee, WI 53202.

1(800) 882-ASTHMA, (414) 272-6071 (publication orders).

The largest national medical society representing allergists, immunologists, and related allied health professionals. It maintains a speakers' bureau and produces a variety of patient education materials. Pediatric Asthma: Promoting Best Practice (The Pediatric Guidelines) can be ordered from this site.

<http://www.aaaai.org>

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**American Academy of Pediatrics (AAP)**

[www.aap.org](http://www.aap.org)

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**American Association for Respiratory Care (AARC)**

11030 Ables Lane  
Dallas, TX 75229  
(214) 243-2272

National organization of respiratory therapists. Offers a free peak flow based program for schools, Peak Performance, USA.

<http://www.aarc.org/>

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**American College of Allergy Asthma and Immunology (ACAAI)**

85 West Algonquin Road,  
Suite 550  
Arlington Heights, IL 60005

1(800) 842-7777, (708) 427-1200.

Represents practicing allergists, educators, researchers, and clinical immunologists and offers patient education materials and a list of board-certified allergists.

<http://allergy.mcg.edu>

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**American College of Chest Physician's**

3300 Dundee Road  
Northbrook, IL 60062-2348  
(800) 343-2227

The College is the leading resource for improvement in cardiopulmonary health and critical care worldwide. It is dedicated to the prevention and treatment of diseases of the chest through leadership, education, research and communication.

<http://chestnet.org/>

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**American Lung Association  
(ALA)**

1740 Broadway New York, NY 10019  
1(800) LUNG-USA.

Offers asthma education services through its national network of more than 200 local and state offices. They provide publications, support groups, community-based and school asthma programs and camps. The ATS is the medical section of the ALA and provides clinically oriented information for practitioners.

<http://www.lungusa.org>

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**Asthma & Allergy Foundation of America (AAFA)**

1717 Massachusetts Avenue,  
Suite 305, Washington, DC.  
1(800) 7-ASTHMA.

A nonprofit organization which sponsors continuing education and has a newsletter, audio-visuals and educational pamphlets available to the public. The AAFA maintains a clearinghouse of educational materials for patients, as well as training programs for allied health professionals. A free packet of information may be obtained by calling the number above. Membership is \$25 per year.

<http://www.aafa.org>

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**The Asthma Education Clinic Ltd.**

1328 5328 Calgary Trail South  
Edmonton NW, Alberta T6H 4J8  
(780) 988-6014

An asthma education organization offering asthma-related publications, products and services intended for asthma educators and instructors.

<http://www.asthmaed.com/>

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**The Mayo Clinic**

[www.mayoclinic.com](http://www.mayoclinic.com)

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**National Asthma Education and Prevention Program (NAEPP)**

4733 Bethesda Avenue, Suite 530  
Bethesda, MD 20814-4820  
(301) 251-1222

The NAEPP provides information for patients, health professionals, schools and the public. Distributes Practical Guidelines for the Diagnosis and Management of Asthma (NIH Publication No. 97-4053), the most readable U.S. government reference on current asthma treatment.

<http://www.nlm.nih.gov/about/naepp/index.htm>

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**National Heart, Lung, and Blood Institute (NHLBI):**

National Asthma Education Program  
P.O. Box 30105  
Bethesda, MD 20824-0105.

Call the NHLBI Info Center at  
(301)251-1222 to order materials.

A program of the National Institutes of Health which developed the Standards for the Diagnosis and Management of Asthma and supports the dissemination of these guidelines to health care providers. Also provides extensive free information to the public.

<http://www.nlm.nih.gov>

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**National Jewish Center for  
Immunology and Respiratory  
Medicine.**

1400 Jackson Street Denver, CO 80206  
1(800)344-5864, (303) 388-4461.

This nonsectarian medical center offers patient education materials and provides an information service called the "Lung Line." The "Lung Line" is staffed from 8:00 a.m. to 5:00 p.m. (Mountain Time) by registered nurses specializing in respiratory and immune system disorders. Also operates residential treatment programs for persons with severe lung disease and sponsors research.

<http://www.njc.org>

# SCAMP Camp (Asthma Camp)

- ✓ For school age children
- ✓ Provides 24 hour medical care for asthma
- ✓ Teaches children how to better manage their asthma

## **American Lung Association**

### **Contact:**

Coordinator, Pediatric Asthma Programs

### **Phone:**

(619) 297-3901

**Program:** SCAMP Camp

**Description:** A weeklong residential summer camp program in the mountains near Julian for children ages 8 to 13 with moderate to severe asthma. Provides 24 hour medical care for asthma, also teaches children how to better manage their asthma.

**Cost:** \$25 to \$250, based on a sliding scale.

**Languages Spoken:** English, Spanish

**Regions Served:** All Regions

## Local Environmental Resources

To learn more about environmental health, contact the following organizations

### **American Lung Association**

For information and referral on environmental control in homes, offices, and schools. Materials are available on allergy and asthma control, indoor and outdoor air pollution, lung hazards at work, pest control, second-hand smoke, and wood burning. Spanish-speaking staff available.

(619) 297-3901

[www.lungsandiego.org](http://www.lungsandiego.org)

### **Environmental Health Coalition**

For information and referral on environmental health. Also provides education and training on how to fight toxic pollution, protect public health and promote environmental justice. Spanish-speaking staff available.

(619) 235-0281

[www.environmentalhealth.org](http://www.environmentalhealth.org)

### **County of San Diego, Environmental Health Services**

For general info only—no inspections

(619) 338-2222

### **County of San Diego, Vector Control**

To control rodents and sewer cockroaches

(858) 694-2888

### **County Office of Education, Risk Management**

To report indoor and outdoor environmental concerns on County school sites outside San Diego.

(858) 569-5320

### **San Diego Air Pollution Control District**

For up-to-date air quality information and forecasts

(858) 650-4707

If you have an air pollution complaint

(858) 650-4550

[www.sdapcd.co.san-diego.ca.us/](http://www.sdapcd.co.san-diego.ca.us/)

### **San Diego City Housing Code Compliance**

Complaint Intake Line

(619) 236-5500

### **San Diego City Schools, Risk Management**

To report indoor and outdoor environmental concerns on San Diego City school sites.

(858) 627-7350