WEBSITES TO EXPLORE

Kids Health
http://kidshealth.org

Clubhouse Learning
http://www.clubhouseasthma.com

Meet the Asthma Wizard
http://www.nationaljewish.org/wizard/chapter1.html

Ask your Mom and Dad to help you look at these websites to see what you can find out about asthma.

WEKU broadcasts classical music and news to more than 40,000 listeners in central and southeastern Kentucky on WEKU 88.9FM in Richmond and WEKH 90.9FM in Hazard.

Pattie A. Clay Regional Medical Center

Pattie A. Clay Regional Medical Center is a charitable institution serving a culturally diverse population that strives to provide a safe and appropriate continuum of care for its patients.

For more information on Asthma or other chronic health issues contact:

Sound Partners
P.O. Box 1165
Richmond, KY 40476-1165
Phone: 859-625-3602
800-621-8890 Ext. 3
Fax: 859-625-3622
Email: simplechanges@eku.edu or soundpartners@pattieaclay.org
Website: http://weku.fm/chronic.htm

Sound Partners for Community Health is a program of the Benton Foundation, funded by the Robert Wood Johnson Foundation.

COMPLIMENTS OF:

PATTIE A. CLAY REGIONAL MEDICAL CENTER

WEKU-FM
WHAT IS ASTHMA?

Asthma is a condition that makes it hard for some people to breathe. There are tubes in our bodies that carry air to the lungs. When you have asthma those tubes sometimes swell. This causes your lungs to feel tight and makes it harder to breathe. This could happen because your airways swell or tighten when you come into contact with one of your triggers.

SOME ASTHMA TRIGGERS

- Pets
- Dust
- Smoke
- Pollen
- Mold
- Strong odors
- Pollution
- Exercise
- Some foods
- Weather
- Stress

A trigger is something that bothers your lungs. This could cause you to have an asthma attack.

SIGNS OF ASTHMA

- Coughing
- Shortness of breath
- Tightness in the chest
- Wheezing

WHAT IS AN ASTHMA ATTACK?

An asthma attack is when you suddenly can’t breathe well. You might have been running or playing or maybe breathed in something that caused your lungs to have to work harder. Asthma attacks can be scary, but if you have an inhaler you can take care of the attack when it happens.

AVOIDING AN ASTHMA ATTACK

- Know what the signs of asthma are for you
- Always have your inhaler with you
- Let your Mom, Dad, or an adult know as soon as you feel like you are having an asthma attack
- Know what your triggers are and stay away from them

WHAT IS AN INHALER?

An inhaler is something that people with asthma use. It contains special medicine to help stop an asthma attack. You can carry it with you and have it whenever you need to use it to help you breathe better.