



## The Breathing Association is Working for You.

Founded in 1906 as The Columbus Tuberculosis Society, The Breathing Association has held true to its original mission of addressing the lung health needs of low income persons. Today, we serve as the leading resource in central Ohio for promoting lung health and preventing lung disease through education, detection, and service.

Agency staff work with low and moderate income people of all ages with lung health concerns. Programs help clients make medical, physical, and social adjustments to live more active, independent and productive lives while properly managing, or preventing, lung illness.

The Breathing Association's lung health programs provide disease management, prevention and education services both in-home and in the community. Programs include:

- ~ Asthma Management services for children and adults
- ~ Senior Home-Outreach services for persons over 60
- ~ Better Breathing Clubs for persons with lung health disease
- ~ Medical Supplies, prescription assistance services and lung health publications
- ~ Tobacco Cessation services, Quit for Good
- ~ Tobacco Prevention programs for children and youth
- ~ Home Energy Assistance Program



### Please contact the Asthma Outreach Coordinator at (614) 457-4570.

- ~ For further information regarding the programs described in this brochure,
- ~ To schedule an appointment,
- ~ To learn more about asthma,
- ~ To add your name to the newsletter mailing list,
- ~ To make a donation, or
- ~ To volunteer

Information on lung health concerns is always available regardless of your income or insurance status.

Asthma Services are supported by the United Way of Central Ohio, Wendy's Foundation, the Columbus Foundation and donations from the community. Please call 457-4570 to learn more about how you can help support programs that serve low-income and un- and under-insured persons. The Breathing Association is a 501 (c) (3) organization.



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## Asthma Management Services



## Asthma CAN be controlled.

Asthma is a chronic lung disease in which the linings of the airways become inflamed and muscle spasms restrict the flow of air to the lungs. Asthma is a common condition affecting more than 7 million people in the United States.

Asthma symptoms may include: difficulty breathing, a tight feeling in the chest, coughing, and wheezing. The symptoms of asthma are frequently experienced at night, but an asthma episode can occur at any time. Asthma episodes can range from mild discomfort to life-threatening attacks in which breathing stops completely.

Although there is no known cure for asthma, there are steps you can take to minimize the severity and frequency of symptoms. These steps include:

- ~ Limiting exposure to asthma triggers.
- ~ Identifying early warning signals.
- ~ Using effective management tools to monitor lung function.
- ~ Taking prescribed asthma medications consistently and correctly.
- ~ Working closely with your physicians and health care providers.
- ~ Using a personalized, written action plan to manage episodes.

Asthma is a fact of life for millions of people, but it CAN be controlled. Most adults and children diagnosed with asthma can have normal, active lives.

## Asthma Management Services

Asthma Management Services are available to both children and adults. The in-home program, provided by an experienced respiratory therapist, can be scheduled and tailored to the client's and caregiver's individual needs. This program includes training, information, and the asthma management tools needed to effectively manage and reduce asthma symptoms and episodes.

Our Asthma Outreach Coordinator, an experienced respiratory therapist, provides:

- ~ In-home assessments of specific needs and individual goals
- ~ Hands-on demonstration of medical devices and breathing techniques
- ~ Equipment and management tools, including peak flow meters, nebulizer machines, medication spacers, and aerosol supplies
- ~ On-going support and resources,
- ~ Personalized, written asthma management plans,
- ~ Referrals for insurance, physicians, allergists, and prescription assistance.



Asthma programs are designed to help clients understand and manage asthma by providing individualized care services and effective management tools. Other asthma services include:

### “B- E-Z” Breathing Club

for youth, ages 7- 14, with asthma. The club, led by an experienced respiratory therapist, meets monthly at various community locations and provides asthma information, fun activities, and asthma management support and “updates” to members.

### Asthma Camp,

held annually for children and their caregivers

### Family Activity Days,

held quarterly at various locations.

### Asthma Newsletter,

bi-annual updates on programs, services and asthma management information.

### On-Site Asthma Education,

at schools, clinics, and churches.

### Annual Workshop

for Parents/Caregivers of children with asthma.

### Lung screenings

at health fairs and community events.