

demonstration of medication use for both children under 5 and older children.

Availability for loan:

FN 400 THC 2003 Health Information and Wellness Centre, both locations

Identifying and Avoiding Asthma Triggers (video)
Timonium, MD: Milner Fenwick, 2007. 19:47 min.

This program presents three types of asthma triggers – allergens, irritants, and emotions – and demonstrates how to avoid or remove these triggers. The video encourages patients to identify their personal triggers and take a great step towards controlling their asthma.

Availability for loan:

FN 400 I33 2007 Health Information & Wellness Centre, both locations

COMMUNITY RESOURCES

The Asthma Society of Canada

4950 Yonge Street Ste 2306
Toronto, ON M2N 6K1
Tel: 416-787-4050 OR 1-866-787-4050
Email: info@asthma.ca
<http://www.asthma.ca>

Ontario Asthma Education Hotline

1-800-668-7682

**Trillium Health Centre
Asthma Education Centre**

Tel: (905) 848-7653
Requires referral from a family physician or specialist

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

© Trillium Health Centre, Feb 2003. Last Updated 2010



Life. We're in it together.

Asthma



INTERNET SITES

Asthma Society of Canada

<http://www.asthma.ca>

This well laid out site provides information on the disease and its treatment, as well as guidance on maintaining a healthy lifestyle to better manage the condition. There is a discussion board where you can post your thoughts, comments or questions, and respond to questions from others.

Canadian Lung Association

<http://www.lung.ca/asthma>

The asthma section of the Canadian Lung Association site is well worth a look. The page includes both general and specific information about the condition, including symptoms, diagnosis, treatment, and medications. There are useful sections on exercise, asthma in children, and asthma in pregnancy.

Asthma Kids

<http://www.asthma-kids.ca/>

A colourful, lively and interactive site for children with asthma, which is maintained by the Asthma Society of Canada. Information about the condition is presented in the form of a game in which the child becomes an 'asthma agent' and has to learn everything about asthma to solve the case.

Canadian Centre for Occupational Health and Safety

<http://ccohs.ca/oshanswers/diseases/asthma.html>

There is some good information at this site on occupational asthma. It includes a general overview of development and symptoms, and provides a table of substances which can cause the condition in various occupations.

MedlinePlus <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on Asthma. At the MedlinePlus homepage, click on Health Topics, the first link listed. From the resulting alphabetical display click on A and then follow the link for Asthma or Asthma in Children.

BOOKS & VIDEOS

Asthma: The Facts by S. Hasan Arshad & K. Suresh Babu. Oxford, UK: Oxford University Press, 2009

This is a practical guide to asthma which details how a diagnosis is reached, and what treatments are available to successfully manage the condition and prevent attacks. The authors conclude that by taking a proactive, self-directed approach to management of the condition, patients can significantly reduce its impact on their lives.

Availability for loan:

FN 400 A27 2009 Health Information & Wellness Centre, both locations

The Harvard Medical School Guide to Taking Control of Asthma by Christopher Fanta et al. New York: Free Press, 2003

This is a straightforward guide to dealing with asthma which includes extensive information on the latest therapies as well as complementary and alternative medicine treatments. There are also sections dealing with special issues faced by children, women, and the elderly.

Availability for loan:

FN 400 F26 2003 Health Information and Wellness Centre, both locations
616.23806 Mississauga Library System
616.23806 Toronto Public Library System

When Your Child Has Asthma by Peter Van Asperen, Anne Maree Davis & Susan Towns. Pymble, NSW: Simon & Schuster, 2007

This useful guide examines the management and treatment of asthma and its impact on four different age groups from infancy to adolescence. It contains clear explanations of causes and symptoms, diagnosis, treatment, and management at home and at school.

Availability for loan:

FN 405 V26 2007 Health Information & Wellness Centre, both locations

The Complete Kid's Allergy and Asthma Guide by Milton Gold and Hospital for Sick Children. Toronto: Robert Rose, 2003

Aimed at parents and caregivers, this comprehensive, authoritative book delivers common-sense guidelines, tips and recommendations on dealing with the many allergy and asthma problems that a child can experience. Topics covered include lists of common allergens, allergy testing methods, symptoms and triggers of asthma, and detailed information about medications and environmental controls.

Availability for loan:

FN 405 G65 2003 Health Information and Wellness Centre, Mississauga
618.9297 COM Mississauga Library System
618.9297 COM Toronto Library System

Asthma Medication (video) Mississauga: Trillium Health Centre, 2003. 10 min.

This video has been produced by asthma education staff at Trillium Health Centre. It provides an overview of asthma symptoms and triggers, followed by descriptions and directions for using various medications. This includes a