

Breathe

Do you have asthma?

Get the answers



We are the **Asthma Society of Canada** and we care about your lung health. We are Canada's asthma knowledge broker. We provide answers to Canadians so they can breathe easier. Asthma is a respiratory disease that can lead to emergency room visits, hospitalizations and sometimes death. An average of ten Canadians die from asthma every week. It is estimated that 80% of these deaths are preventable through education and proper asthma management. In the past 15 years, science has made great progress in understanding asthma so that, with proper care and education, people with asthma can live normal and active lives.

Your call to action

Asthma is a serious health issue that requires commitment from national, provincial and local groups to ensure joint planning, communication and collaboration. The **Asthma Society of Canada** is advocating on your behalf. Make your voice strong by joining our asthma control movement. Register for a free membership on-line at www.Asthma.ca and get materials, updates and advice on:

- ≈ Current asthma research
- ≈ Drug, smog and pollen alerts
- ≈ Local asthma education programs and activities
- ≈ Government policy and advocacy issues
- ≈ Asthma-friendly products
- ≈ Scheduled online moderated programs and speakers

For more information from the Asthma Society of Canada:



Asthma-KiDS.ca

Asthma.ca

1 866 787 4050



10000595649-M4P3J4-RR01

Asthma Society of Canada
130 Bridgeland Avenue, Suite 425
Toronto, Ontario M6A 1Z4

Who are we?

There are approximately 3 million Canadians with asthma. Research indicates that 60–80% of Canadians with asthma have poor control of their disease. This means that 1.5–2.5 million people are at risk of experiencing a severe asthma attack, and they are not aware of the risk! Poorly controlled asthma may also cause long-term lung damage.

The Asthma Society seeks to reach those with poor asthma control and help them optimize their health through education and advocacy. Our goal is to ensure that Canadians of all ages have free access to the asthma information and resources they need and to assist them in obtaining appropriate care.

The Asthma Society has responded to this need by providing information and referring people with asthma to their local resources. These Asthma Society services include:

1. Two award-winning websites
2. Email information services
3. A series of comprehensive print materials
4. A toll-free telephone service

Our services

We work closely with healthcare providers, researchers, industry and government organizations to facilitate dialogue on issues that impact the care of Canadians with asthma.

As a civil society firm with charitable status, we partner collaboratively with corporations and governments to focus specifically on asthma education and research. Our registered charitable number is 89853-7048-RR0001. All donors receive tax receipts.

Go to

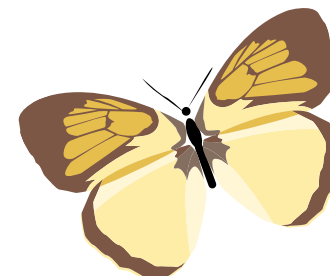
Asthma.ca to:

- ≈ Learn more about asthma.
- ≈ Sign up for the Asthma Society's e-newsletter
- ≈ Use the community message board
- ≈ Find out more about the Asthma Society

Go to

Asthma-KiDS.ca

- ≈ For children between 7 and 11 years of age who want to learn more about asthma, in a fun way



1.5–2.5 million people
are at risk of experiencing
a severe asthma attack,
and they are not aware
of the risk!

Yes, I want a free Asthma Society membership.
Please send me the following information:



- Diagnosis:** Discusses diagnosis and testing, and answers common questions about asthma.
Includes a checklist of questions you can discuss with your doctor.



- Triggers:** Discusses allergies, the indoor and outdoor environment and steps you can take to improve your asthma control.
Includes a checklist to use when planning changes in your home environment.



- Medications and Devices:** Discusses the common medications used in managing asthma.
Includes a sample action plan to discuss with your doctor.



- Kids:** For kids 9–14 years of age. Fun, interactive booklet to teach kids about their asthma.
Includes a school action plan for the teacher.

Name: _____

Address: _____

City: _____ Prov: _____ Postal code: _____

Phone number: _____

Email address: _____

Female Male Age _____

All information is confidential and is not given to any other source. Information is used by the Asthma Society solely for the purpose of communicating information to you about your asthma.