

Asthma (WF 553)

Resources in the Kreamer Family Resource Center



Books for Parents:

Adams - The asthma source book

American Academy of Pediatric's Guide to Your Child's Allergies and Asthma

Berger--Allergies and Asthma for Dummies

Berger—Allergy and Asthma Relief

Berger—Asthma for Dummies

Bock--Natural Relief for Your Child's Asthma

Children's Hospital of Philadelphia Guide to Asthma

Harvard Medical School Guide to Taking Control of Asthma

Lieberman--Understanding Asthma

May--My House is Killing Me! (controlling asthma and allergy triggers in the home)

Mikey's Mom Didn't Know Asthma Could Kill . . . Get the Facts!

Plaut--One Minute Asthma: What You Need to Know

Plottel—100 Questions & Answers About Asthma

Reilly—Is It In Your Genes? The Influence of Genes On Common Disorders and Diseases That Affect You and Your Family

Ruppenkamp--101 Ways to Reduce Allergens in Your Home: For People Living with Allergies and Asthma

Wray--Taking Charge of Asthma



Books for Children:

Carter—I'm Tougher Than Asthma! (ages 4-8)

Gosselin—The ABC's of Asthma: An Asthma Alphabet Book for Kids of All Ages (ages 4-8)

Gosselin—Sportercise! A 'School' Story About Exercise-Induced Asthma (ages 4-8)

Gosselin—Taking Asthma to Camp: A Fictional Story About Asthma Camp (ages 4-8)

Gosselin—Taking Asthma to School (ages 4-8)

Gosselin—Zoallergy: A Fun Story About Allergy and Asthma Triggers (ages 4-8)
How Asthma Makes Me Feel: A Commemorative Book of Artwork and Essays by Young People with Asthma
Hyde—Living With Asthma (ages 9-12)
Krementz—How It Feels to Fight for Your Life (includes child's story of life with severe asthma)
London - The Lion Who Had Asthma (picture book)
Ostrow--All About Asthma
Sander—So You Have Asthma Too! (picture book)
Weiss - Breathe Easy: Young People's Guide To Asthma (ages 9-12)
Weiss - Respira Con Facilidad: Guia sobre El Asma Para Jovenes (*Spanish*, ages 9-12)
Weitzman--Let's Talk About Having Asthma (ages 4-8)

Periodicals:

Allergy & Asthma Today
Taking Control: Greater Kansas City AAFA News
MA Report (Mothers of Asthmatics)



Videos:

Baby Breaths : a new concept in teaching infants and toddlers to use nebulizer medications (11 min., 1997, *English* and *Spanish*)
I'm a Meter Reader (5 min., 1992)
Living With Asthma (15 min., 2000)
Mastering Asthma: A Family's Guide to Understanding and Living with Childhood Asthma (20 min., 1998)
What You Need to Know About Asthma and Pulmicort Turbuhaler (2000)



Shadow Buddy: There is a Respiratory Buddy available for loan to health educators; see also the Know Your Buddy Book (WS 200 P858 2000). To obtain a buddy for a child to keep, contact the Shadow Buddies Foundation (www.shadowbuddies.com or call 913-642-4646).



CD-ROM Game: Children with asthma can get their own CD-ROM game, Quest for the Code, from the Starbright Foundation (**English** or **Spanish**, see <http://www.starbright.org/projects/asthma/index.html> to order the game or call 1-847-480-0870 extension 5).

Local Organizations:

Asthma & Allergy Foundation of America, Greater Kansas City Chapter

9140 Ward Parkway, Suite 120

Kansas City, MO 64114

Toll Free 1-888-542-8252

Office: 816-333-6608

Fax: 816-333-6684

Email: info@aafakc.org

<http://www.aafakc.org>

American Lung Association of Western Missouri

2007 Broadway

Kansas City, MO 64108-2080

Office: 816-842-5242

Fax: 816-842-5470

<http://www.lungusa.org/westernmissouri/>

Springfield Office

2053-D South Waverly

Springfield, MO 65804

Office: 417-883-7177

Fax: 417-883-7026

World Wide Web:

What Is Asthma? Excellent tutorial for kids and parents

<http://www.healthsystem.virginia.edu/internet/pediatrics/patients/Tutorials/asthma/>

MedlinePlus Health Topic: Asthma in Children (excellent, note Interactive Tutorial in **English** and **Spanish**)

<http://www.nlm.nih.gov/medlineplus/asthmainchildren.html>

MedlinePlus Health Topic: Asthma (excellent, extensive list of resources)

<http://medlineplus.nlm.nih.gov/medlineplus/asthma.html>

What's Asthma All About? (4 minute online movie in **English** or **Spanish**)

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

American Academy of Allergy, Asthma & Immunology (has patient information, pollen forecast, includes information/activities just for kids)

<http://www.aaaai.org/patients.stm>

Allergy & Asthma Network/Mothers of Asthmatics

<http://www.aanma.org>

Allergy, Asthma & Immunology Online (American College of Allergy, Asthma and Immunology)

<http://www.acaai.org/public/>

American Lung Association: Asthma (also in **Spanish**)

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

AsthmaBusters--the online club for kids with asthma (includes school nurse registration)

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

Asthma & Allergy Foundation of America (has Kids & Teen Zone, also)

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

CDC Asthma and Allergies (**English**)

<http://www.cdc.gov/health/asthma.htm>

CDC Asma y Alergias (**Spanish**)

<http://www.cdc.gov/spanish/alergias.htm>

NHLBI Asthma (**English** and **Spanish**)

<http://www.nhlbi.nih.gov/health/public/lung/index.htm#asthma>

No Attacks (EPA, in **English** or **Spanish**)

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

Asthma Online Games and Activities (MN Asthma Coalition)

<http://www.mnasthma.org/InfoCenter/Games.asp>

Asthma Wizards (**English** and **Spanish** information)

<http://www.asthmawizards.org>

Online Asthma Tracker (Children's Hospital of Winnipeg)

<http://www.asthma-education.com/>

American Society of Health System Pharmacists: Asthma Medications for Indigent Patients

<http://www.asthma-education.com/>

See also: resource list on allergies.

The Kreamer Family Resource Center houses a Stop Smoking Resource Center. Tobacco smoke is very harmful to children with asthma! For your sake, and your child's sake, stop smoking now.

These resources and others are available in the Kreamer Family Resource Center, ground floor of the Sutherland Tower in Children's Mercy Hospital, or call 816-234-3900 to arrange pick up from the Children's Mercy South Information desk. If you are not a

patient of Children's Mercy Hospital & Clinics, books may be borrowed through Interlibrary
Loan: contact your local librarian to arrange this.
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Kreamer Family Resource Center
Children's Mercy Hospitals & Clinics
2401 Gillham Road
Kansas City MO 64108
816-234-3900



Children's Mercy
HOSPITALS & CLINICS
www.childrens-mercy.org