

HOME AND ENVIRONMENTAL TRIGGERS OF ASTHMA

Annotated Bibliography of Health Education Materials

**Ana E. Miranda
Francesca Cimino
Rob McConnell, MD**

Copies available from Ana E. Miranda:
miranda@usc.edu

This annotated guide to popular health education materials, reviews books, pamphlets, presentation guides, and videos focused on the environmental triggers of asthma, paying particular attention to indoor allergens and their control. While it is far from comprehensive, an attempt has been made to identify as many materials as possible on dust mites, cockroaches, mold, animal dander, and pollen. Health education materials on outdoor pollutants and environmental tobacco smoke as triggers were not a focus of this review. Each material is described, along with cost, availability, and target audience. An index of asthma resources is also included.

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BOOKS

Entry #1

Title: *Taming Asthma and Allergy by Controlling Your Environment*

Author: Robert A. Wood, M.D.

Produced by: Asthma & Allergy Foundation of America
Chester Building, Suite 321,
8600 LaSalle Road
Towson, Maryland 21286-2002
(202) 466-7643

Cost: \$14.95

Publication date: 1995

Publication type: Book , 160 pages

Description: The book provides up to date medical information to aid in the

control and management of allergies and asthma. It is divided into five parts: introduction, allergies and allergens, allergen avoidance and environmental control, indoor air pollution and non-allergic triggers, product reviews and miscellaneous topics. The twenty-two chapters focus on behavioral and environmental changes that are practical and crucial for allergy control and prevention. The book includes an entire section devoted to allergen avoidance and environmental control. Five major groups of allergens (dust mites, cockroaches, animal dander, molds and pollen) are reviewed, each in a separate chapter. For each allergen, suggestions for control are outlined in a stepwise manner according to practicality and disease severity. Detailed explanations of the effects of the allergen and the most effective modes of control are provided. The book also provides a review of the various products available to treat and control allergies and includes a glossary of important terms related to allergies and asthma. The last chapter of the book contains a quick-reference checklist entitled "One-Hundred Steps to Effective Environmental Control," providing steps and measures to prevent allergic reactions and asthma attacks.

Audience: The book is written for adults at a medium literacy level. It is written by a pediatrician and as a result includes many suggestions for the care of the child with asthma. The book can be used as a guide for any patient with allergies or asthma.

Recommendation: The book is comprehensive, clear and practical in its suggestions.

Entry #2

Title: *A Parent's Guide to Asthma: How You Can Help Your Child Control Asthma at Home, School, and Play*

Produced by:

Nancy Sander
Penguin Books, Inc.
325 Hudson St.
New York, NY 10014

Cost: \$12.95**Publication date:** August 1994**Publication type:** Book (254 pages)

Description: Sander's book divides the subject of asthma into two parts. In Part I, "Getting Asthma under Control," she describes her experience with her daughter's asthma and explains the symptoms and pathology of the disease. She provides answers to common myths about asthma, tips for finding a good doctor, and information about medication and equipment. Chapter 7, "Allergy Proofing Your Home," is relevant to indoor allergen control. Sander discusses the appropriate meticulous process of cleaning the home (especially the bedroom), and describes the use of air filters and vacuums in the fight against dust. She also discusses issues of smoking, wood stoves, pets, and food allergies.

Part II, "Growing Up with Asthma," discusses the sociological and psychological repercussions that result from growing up with the disease. An entire chapter is devoted to useful resources, including support groups, national organizations devoted to asthma care and control, scholarships, medical journals, and treatment centers.

Audience: The book is written at a medium to high literacy level. It is easy to understand and provides a good overview of how to cope with a child's asthma.

Recommendation: This is a good book for parents with asthmatic children to read. Indoor allergen control is treated in a single chapter.

Entry # 3**Title:** *The Best Guide to Allergy***Produced by:** Nathan D. Schultz, MD

Allan V. Gianni, MD

Terrance T. Chang, MD

Diane C. Wong

Humana Press

999 Riverview Drive, Suite 208

Totowa, NJ 07512

Cost: \$ 24.50**Publication date:** 1994**Publication type:** Book (210 pages)

Description: The book covers allergies, including the various types of allergies and the many different allergy-causing agents. It begins with the basic biology of allergies, and then it covers in separate chapters hay fever, asthma, skin allergy, food allergy, insect allergy, allergy shots, drug allergies, and new and controversial issues. The book has one entire chapter devoted to asthma. The chapter is formatted in such a way that common patient questions are listed in bold, with their responses forming the main text of the chapter. The chapter is thorough and accurate in explaining its answers. It covers many common concerns of a person with asthma, and deals with many important questions rarely found elsewhere. The chapter does not focus heavily on environmental triggers, but does mention pet dander, smoking, dust mites and molds. The rest of the book deals in depth with all of the allergies commonly found and how they can be controlled.

Audience: The book is written for adults with allergies. It is written at a medium literacy level and covers all major allergies.

Recommendation: This book is highly recommended for someone who suffers from many types of allergies. The book answers key questions in a clear and thorough form. However, the book does not cover asthma extensively and does not focus on controlling indoor allergens and/or triggers.

Entry # 4

Title: Taking Charge of Asthma, A Lifetime Strategy

Produced by: Betty B. Wray, M.D.
John Wiley & Sons Inc.
605 Third Ave. New York NY
10158-0012

Cost: \$14.95

Publication date: 1998

Publication type: Book (197 pages)

Description: The book discusses various strategies for helping control asthma. It begins with a sample questionnaire testing the patient's knowledge about asthma. The sample tests include explanations to all the questions and answers common patient concerns. It then goes on to explain how asthma works inside the body and how it affects lung function in a person with asthma. The book contains a couple of chapters on how a patient can develop strategies to control asthma. The book also includes a chapter on the connection between asthma and allergies, as well as some information on alternative strategies for treating asthma, exercise, medications, and information for parents. The book covers environmental control of asthma triggers in one chapter. It includes information about all the major indoor allergens and effective measures to control exposure. However, the suggestions are not always practical. It also includes information on how to control exposure to indoor irritants, such as strong chemicals and environmental tobacco smoke.

Audience: The book is intended for adult patients with asthma, or for parents of children with asthma. The book is written at a medium literacy level and is for the general public

Recommendation: The book is recommended as it provides all the basic information a patient needs about asthma. It does not have an emphasis on environmental trigger control, though it gives some good suggestions.

BOOKLETS

Entry #5

Title: *Facts about Controlling Your Asthma* **

Produced by: National Heart, Lung, and Blood Institute
NHLBI Information Center
P.O. Box 30105,
Bethesda, MD 20824-0105
301-251-1222

www.nhlbi.nih.gov/nhlbi//nhlbi.htm

Cost: Free

Publication date: 1990, revised 1997

Publication type: Booklet, 12 pages

Description: The booklet focuses on strategies and steps a patient with asthma should take in order to keep asthma under control. The booklet begins with a brief explanation of what asthma is. It then lists four steps on how to care for asthma, emphasizing taking medication and working with one's doctor to manage asthma effectively. It includes a questionnaire for the patient to determine whether his or her asthma is under control. A checklist of asthma triggers is presented with tips on how to control exposure to each allergen. The allergens included on the checklist are ETS, dust mites, animal dander, roaches, vacuum cleaning, mold, chemicals and pollen. For each allergen, 2-4 simple and practical suggestions are given to reduce allergen exposure and concentration. The booklet also explains the various asthma medications, what they should be taken for and how often they should be taken. There is also an explanation and picture guide of how to use a metered-dose inhaler and a peak flow meter, as well as a plan of action sheet for the patient to control asthma effectively.

Audience: The booklet is written for adult patients with a medium to high literacy level and includes pictures, diagrams and information charts.

Recommendation: The booklet is thorough.

** Available in Spanish from NHLBI as *Datos Sobre El asma: como controlar esta enfermedad*

Entry # 6

Title: *Your Child and Asthma*

Produced by: Pediatric Pulmonary Center
Department of Pediatrics
University of New Mexico
Albuquerque, New Mexico
87131
(505) 272-6633

Cost: Free

Publication date: 1993

Publication Type: Booklet (30 pages)

Description: The booklet includes an overview of the main aspects of treatment and control of asthma in children. It begins with a brief description of asthma and what happens physiologically to the lungs of a child experiencing asthma. It also includes information on how children develop asthma and who is at high risk for allergies and asthma. Some of the common symptoms of mild to severe asthma are described and listed. It has only a short section on controlling indoor asthma triggers, but it provides a very thorough overview of asthma medications, including information about short-term medications, long term medications and peak flow monitors. The booklet also includes some information about treating exercise-triggered asthma and how to manage the effects of asthma on a family. Finally, the booklet includes a short bibliography and list of organizations.

Audience: The booklet is written for parents with children who have asthma. It

is written for a low to medium literacy level.

Recommendation: The booklet is thorough and covers various aspects of asthma control in children. It is written in a simplistic manner, making it easy to read.

Entry #7

Title: *Biological Pollutants in Your Home*

Produced by: Consumer Product Safety Commission and American Lung Association
(800) 638-2772
(800) 586-4872
www.lungusa.org

Cost: Free

Publication date: April 1998

Publication type: Booklet (11 pages)

Description: The booklet provides information about indoor biological pollutants that can cause disease or allergic reactions. It explains how to control moisture, how to keep appliances clean, how to clean properly, how to control for dust and how to correct water damage. There is a useful diagram depicting where the common biological pollutants can be found and the effects they can have.

Audience: The booklet is for adults and is written at a medium literacy level.

Recommendation: The suggestions given for control of most indoor pollutants are very general, although the information for moisture control is specific and helpful.

Entry # 8

Title: *Inside Story; A Guide to Indoor Air Quality*

Produced by: Environmental Protection Agency and Consumer Product Safety Commission
Public Information Center
Washington DC 20207-0001
401 M St., SW
(800) 586-4872

Cost:

Publication date: April 1995

Publication type: Booklet (36 pages)

Description: The booklet provides information on how to maintain good indoor air quality and how to reduce levels of common air pollutants (radon, ETS, biological pollutants, carbon monoxide, nitrogen dioxide, organic gases, formaldehyde, pesticides, asbestos, and lead). It includes an example of the effects of pollutants in the home and provides information on how to identify the presence of these pollutants. The booklet describes three basic strategies for improving indoor air quality and provides steps for reducing pollutants by installing source-specific controls. A quick reference guide is included that outlines the major indoor pollutants, their sources, health effects and helpful steps for reducing exposure. Information is also provided on indoor air quality in the work place and a list of information/support services is included.

Audience: The booklet is intended for adult homeowners and is written at a medium literacy level.

Recommendation: The booklet comprises information about the major indoor air pollutants. While the information on chemicals is useful and practical, specifics are not given in relation to biological pollutants.

Entry #9

Title: *The Asthma Handbook*

Produced by: American Lung Association
(800) 586-4872
www.lungusa.org

Cost: \$2.50/ single copy

Publication date: December 1995

Publication type: Booklet (24 pages)

Description: The booklet is a comprehensive guide to helping people with asthma understand the disease and how best to control it. There is a brief explanation about what asthma is and how it affects the lungs. Several common triggers, their effects and how the person with asthma can avoid them are listed. Information about ETS and its effects is provided for smokers and for non-smokers. The handbook also includes informational tips on how to work with a physician in order to improve asthma control, and how to take medications with consideration of their side effects. The handbook also includes patient stories that highlight common concerns and scenarios.

Audience: The handbook is written for adults and teenagers with asthma. Parents of children with asthma can also use it as a supplement to other information geared more specifically for children.

Recommendation: The handbook contains very valuable information for the patient, but fails to mention common triggers such as dust mites and cockroaches.

Entry #10

Title: *You Can Control Asthma: A Book for Kids***

*You Can Control Asthma: A Book for the Family***

Produced by: The Asthma and Allergy Foundation of America
1125 15th St., NW Suite 502
Washington, D.C. 20005
(202) 466-7643

Cost: \$5.00 for each book separately;
\$8.00 for both books

Publication date: 1991

Publication type: Booklet: *Kids*--45 pages, *Family*--60 pages

Description: The *You Can Control Asthma* set provides simple, understandable explanations of asthma and its treatment for both children with asthma and their families. Both booklets explain what asthma is, what triggers it, and how to prevent attacks. Specific sections focus on eliminating animal dander, environmental smoke, pollen, mold, and roaches. There are sections describing how to clean rooms so as to control dust levels and other potential triggers. The children's book provides games and activities to make learning interactive. There are more detailed explanations in the adult version, as well as activities that complement those in the children's book. There is also a helpful tear-out section in the *Family* version that can be photocopied and used as daily reminders for children about their asthma care.

Audience: The set is written for the general public at a low-literacy level. Both booklets contain pictures and large print. Explanations are simple and conducive to interaction between parents and children in learning about asthma.

Recommendation: The *You Can Control Asthma Book for Kids* is good for any child. The *Book for the Family* is directed at people with low literacy levels. The series

provides good information in an easy-to-read, concise manner.

**Available in Spanish from AAFA as *Usted Puede Controlar el Asma: Un Libro para Ninos*
Usted Puede Controlar el Asma: Un Libro para la Familia

Entry #11

Title: *Neighborhood Asthma Coalition: Caregiver's Guide*
Neighborhood Asthma Coalition: Physician's Guide

Produced by: Grace Hill Neighborhood Services, Inc.
2600 Hadley St.
St. Louis, MO 63106
(314) 340-3280

Cost: Free

Publication date: May 13, 1995

Publication type: Booklet (25 pages each)

Description: The *Neighborhood Asthma Coalition Caregiver's Guide* targets the parents of children with asthma. The disease and what triggers it is described, and a checklist for signs of an attack is provided. Asthma triggers are emphasized, with separate pages devoted to the control of animal dander, cockroaches, dust mites, mold and pollen.

The *Physician's Guide* is similar to the *Caregiver's Guide* in that it provides information and charts to give to patients to help them monitor the condition. These include a home survey to help patients determine how much factors in the home contribute to asthma attacks, and a questionnaire to provide the physician with information to better treat the patient. There are also checklists and charts to aid the physician in the diagnosis of the disease and to develop the proper medication schedule.

Audience: The series targets adults but is written for patients at a fairly low literacy level.

Recommendation: The charts and checklists are useful for both physicians and their patients. The information provided is simplistic but effective, especially for those who are just beginning to learn about their child's asthma.

Entry #12

Title: *What You and Your Family Can Do About Asthma/ Lo Que Ud. Y Su Familia Pueden Hacer en Relacion al Asma*

Produced by: Global Initiative for Asthma
National Heart, Lung, and Blood Institute
National Institutes of Health
Bethesda, MD 20892
<http://www.ginasthma.com>

Cost: Free

Production date: December 1995

Production type: Booklet (both Spanish and English sections are bound in one booklet)

Description: The booklet describes asthma and its accompanying problems, including what aspects of the environment can be controlled to reduce the risk of an attack, the pathology of the disease, and the medications used to control it. There is good but general advice about how dust, animal dander, strong smells, smoke, and other pollutants can trigger asthma. Four pages are devoted to basic methods of removing these triggers from particular rooms in the house.

Audience: The booklet is written at a very low literacy level and includes helpful illustrations. It targets the parents of children with asthma.

Recommendation: The booklet is helpful in providing basic information about how asthma works, what indoor triggers can affect it, and how to control these triggers.

Entry #13

Title: *Consumer Update on Asthma*

Produced by: Nancy Sander, President of Allergy and Asthma Network-Mothers of Asthmatics, Inc.
2751 Prosperity Avenue, Suite 150
Fairfax, VA 22031
800-878-44-03
www.aanma.org

Cost:

Publication date: July 1994

Publication type: Booklet

Description: The book is written to inform patients with asthma as well as families with asthma about their disease and how best to control the symptoms. It follows the outline of the *Guidelines for the Diagnosis and Management of Asthma*, (produced by the National Heart, Lung and Blood Institute) including the three divisions entitled: What is asthma and how do I know I have it, The Four Components of Asthma Management, and Special Considerations. The booklet explains to the patient what asthma is and how the disease manifests itself. It then examines the four components to managing asthma. These four components include: using objective measures of lung function, using asthma medications, managing allergens in the environment, and increasing patient and family education. The booklet also describes special illnesses or physical conditions that would require special attention (i.e., pregnancy, old age, and surgery). The booklet is written in conversational language and is well organized by topic.

Audience: The booklet is written at a medium literacy level, and is for parents with families with asthma, or for adults with asthma.

Recommendation: The book is recommended as a source of information on asthma in general, though it has little

information on indoor allergen control and the importance of eliminating environmental triggers.

BROCHURES AND PAMPHLETS

Entry #14

Title: *Removing House Dust and Other Allergic Irritants from Your Home*
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Produced by: American Academy of Allergy, Asthma & Immunology
611 East Wells Street
Milwaukee, Wisconsin 53202
(414) 272-6071

Cost: Free

Publication date: 1995 (1997, Spanish)

Publication type: Pamphlet, 2 pages

Description: The pamphlet provides an overview of the various components of house dust and the importance of dust and allergen control in asthma management. It includes eleven tips on reducing allergens throughout the home. The pamphlet specifically addresses how to reduce dust and dust mites in bedrooms, mattresses, bedding, and carpeting. The use of vacuum filters, chemical agents for controlling dust mites, air-cleaning devices and air-conditioning are also discussed. Finally, it suggests how to control animal dander and indoor molds as well as how to avoid strong odors and fumes. The pamphlet includes colorful drawings with boldface sub-headings for each tip or suggestion.

Audience: The pamphlet is addressed to adult readers with allergies, or to adults with children who have allergies. It is written at a medium literacy level.

Recommendation: The pamphlet is well written and informative for the allergic patient. It is clear, easy to read, and contains accurate and helpful tips for anyone with asthma or allergies.

** Available in Spanish from AAAAI under *Eliminando de su Casa el Polvo Casero y Otros Irritantes Alérgicos*

Entry #15

Title: *Facts About... Home Control of Allergies and Asthma* **

Produced by: American Lung Association
(800) 586-4872
www.lungusa.org

Cost: Free

Publication date: 1997 (1996, Spanish)

Publication type: Pamphlet, 2 pages

Description: The pamphlet provides a definition to what an asthma trigger is and how patients can find out what allergens trigger their asthma. It speaks briefly about the use of air conditioning in reducing humidity and preventing pollen and mold spores from entering the home. The pamphlet also lists ways in which the patient can control eight common environmental triggers. It focuses specifically on dust mites, providing a list of twelve rules to be followed to reduce exposure. The pamphlet finishes with some general guidelines for environmental control inside the home.

Audience: The pamphlet is addressed to adult patients and is written at a low literacy level. The recommendations offered can also be used by parents to control asthma in children.

Recommendation: The pamphlet is very thorough, clear and specific. It includes information about all the major asthma allergens and is presented in an easy to read format.

** Available in Spanish from the ALA as *Informacion Sobre Como Controlar Las Alergias y El Asma En El Hogar*

Entry # 16

Title: *Allergy and Asthma*

Produced by: American Academy of Allergy
Asthma & Immunology
661 E. Wells Street
Milwaukee, WI 53202
(414) 472-6071
www.aaaai.org
info@aaaai.org

Cost: Free

Publication date: 1996

Publication Type: Informational Brochure

Description: The brochure begins by explaining the difference between asthma and allergies. It also explains the biological mechanisms that cause the symptoms of asthma. A brief overview of what can be done for diagnosis and treatment is also included.

Audience: The brochure is targeted at adults with a medium to high literacy level.

Recommendation: The brochure has basic information, but discussion of the treatment of indoor allergens is limited.

Entry # 17

Title: “*Mold In My Home: What Do I Do?*” **

Produced by: California Department of Health Services
Indoor Air Quality Section
2151 Berkeley Way (EHLB)
Berkeley, CA 94704
(510) 540-2476

Cost: Free

Publication Date: March 1998

Publication Type: Pamphlet (3 pages)

Description: The information sheet provides general information about indoor mold, what it is, why it is important, and how it can become a problem. It reviews populations at high risk for allergies from molds and provides a list of the most common health problems that arise as a

result of mold exposure. It includes a section on mold detection. The last section in the fact sheet summarizes the ways to identify and correct the source of mold. It includes information about disinfecting and cleaning, and a strong recommendation against the use of ozone air cleaners.

Audience: The fact sheet is written at a medium literacy level for adult homeowners.

Recommendation: The information is not specific for asthma patients, but the fact sheet provides useful information about mold and its control.

** Available in Spanish as *Moho en Mi Casa: Que Hago?*

Entry #18

Title: *Take Charge of Asthma* **

Produced by: New York City
Department of Health
New York City Asthma Initiative
Asthma Action Online
(877) 278-4620

Cost: Free

Publication date: July 1998

Publication Type: Brochure (4 pages)

Description: The brochure begins with a brief introduction about asthma and its characteristics. It encourages the parents to find a good physician who will work with the family to control the asthma of the child. The purpose and the use of preventive medicines and quick relief medicines and use of peak flow meters and spacers are described. The brochure also lists nine common asthma triggers and encourages the patient to identify and control the triggers that lead to his or her asthma. A checklist for visits to the doctor reviews certain questions and concerns which should be addressed in physician visits.

Audience: The brochure is written at a medium to low literacy level and can be read easily by both children and parents.

Recommendation: The brochure covers many topics, but in a cursory fashion. The section on indoor asthma triggers is brief. The section on what patients with asthma should ask their doctors is useful.

** Available from NYC Department of Health in Spanish as “*Tome Control del Asthma.*”

Entry #19

Title: *Indoor Allergy Control (Using Air Cleaners and Other Techniques to Reduce Indoor Pollution)*

Produced by: Asthma & Allergy Foundation of America
(Los Angeles)
5900 Wilshire Blvd. #2330
Los Angeles CA 90036
(213) 937-7859
www.aafasocal.com

Cost: Free

Publication date:

Publication Type: Fact Sheet (1 page)

Description: The major types of air cleaning systems are reviewed and their effectiveness assessed. Other suggestions for maintaining low levels of indoor allergens are listed and specific environmental changes are recommended.

Audience: The fact sheet is intended for adults who have allergies and/or asthma.

Recommendation: The fact sheet is a concise source of information for someone looking to buy an air filtration system and wishing to reduce indoor allergen levels.

Entry #20

Title: *Dust Control in the Bedroom*

Produced by: Asthma & Allergy Foundation of America
(Los Angeles)
5900 Wilshire Blvd. #2330
Los Angeles CA 90036

(213) 937-7859

www.aafasocal.com

Cost: Free

Publication date:

Publication type: Fact sheet (one page)

Description: The fact sheet describes 14 steps to reduce dust in the bedroom. It provides brief suggestions on how to reduce dust mites and dust in and around the bed, carpeting, closets and furniture.

Audience: The information sheet is intended for adults with allergies and/or asthma. It is written at a medium literacy level.

Recommendation: The fact sheet is clear and describes simple methods to reduce dust and allergen levels.

Entry # 21

Title: *Asthma, Learning to Control Symptoms*

Produced by : American Academy of Family Physicians
880 Ward Parkway
Kansas City, MO 64114
(800) 944-0000

Cost: Free (one copy)

Publication type: Brochure

Description: The brochure offers very brief information about the various types of asthma triggers and how to control exposure. A list of the common allergens is given; information on controlling triggers is limited to mold, pollen and dust. The brochure also offers information about peak flow meters, asthma medication, and inhaler use.

Audience: The brochure is for adults with asthma and is written at a medium literacy level.

Recommendation: The brochure is general in its suggestions.

Entry #22

Title: *Patient Information: Controlling Indoor Air Pollution*

Produced by: Medical Economics,
Available from the Asthma &
Allergy Foundation of America
(Los Angeles)
5900 Wilshire Blvd. #2330
Los Angeles CA 90036
(213) 937-7859
www.aafasocal.com

Cost: Free

Publication date: 1995

Publication type: Brochure (one sheet)

Description: The brochure provides basic information regarding indoor air pollution and its effects on people. It reviews the common types of indoor air pollutants, and suggests helpful hints on how to reduce pollutants.

Audience: The brochure is intended for adult homeowners and is written at a low to medium literacy level.

Recommendation: This brief brochure provides basic information on indoor air pollutants.

Entry #23

Title: *Common Sense, Pest Control Quarterly – Dust Mites and Asthma*

Produced by: Bio-Integral Resource
Center
P.O. Box 7414
Berkeley, CA 94707

Cost: \$30/year for membership to BIRC

Publication date: Winter 1999

Publication type: Journal Article

Description: The article describes the relationship between dust mites and asthma. The importance of asthma as a disease of modern indoor air pollution is explained, and a brief history of the disease is given. The biology of the dust mite and its allergen is reviewed. The role of the cockroach is also briefly explained, as well as the potential role of pesticides in causing or aggravating asthma. Several methods of

avoidance and control of dust mites are offered.

Audience: The article is written for a person with some scientific background.

Recommendation: The article is thorough in its explanation of the dust mite, its role in asthma and its control, but it is written for a public with scientific background.

Entry #24

Title: *Facts about... Asthma*

Produced by: American Lung
Association
(800) 586-4872
www.lungusa.org

Cost: \$.20 single copy

Publication date: May 1995

Publication type: Brochure (14 panels)

Description: This brochure describes how asthma affects the lungs and how triggers affect asthma. There is some brief information on common triggers and suggestions on how to avoid exposures. The brochure also includes information on working with a physician to ensure proper management of asthma and describes the role of medication in asthma care.

Audience: The brochure is written for adults with asthma at a low to medium literacy level.

Recommendation: The brochure is recommended as a basic source of information on asthma, not for detailed or specific information.

Entry # 25

Title: *Might Your Problem Be Dust Mites (Fact Sheet 15)*

Produced by: Allergy and Asthma
Network-Mothers of Asthmatic, Inc.
2751 Prosperity Avenue, Suite 150
Fairfax, VA 22031
800-878-44-03
www.aanma.org

Cost: \$1.00

Publication date:

Publication type: Fact Sheet (one page)

Description: The fact sheet contains basic information about dust mites and dust mite allergen. It explains the importance of dust mites to asthma and the emphasizes taking steps at home to reduce the allergens. The sheet provides 11 suggestions for reducing dust and dust mite allergen exposure in the home. The suggestions are practical and well explained.

Audience: The fact sheet is for parents of children with asthma or allergies, or for adults with asthma or allergies.

Recommendation: The fact sheet is recommended as a quick reference guide for basic information about dust mites and for reducing exposure to dust mite allergen.

Entry #26

Title: *Environmental Control (Fact Sheet 29)*

Produced by: Allergy and Asthma Network – Mothers of Asthmatics, Inc.
2751 Prosperity Avenue, Suite 150
Fairfax, VA 22031
800-878-44-03
www.aanma.org

Cost: \$1.00

Publication date:

Publication type: Fact sheet

Description: The fact sheet is a quick reference guide to effective environmental control of triggers in the home. It covers information about the major sources of indoor asthma triggers, including dust mites, pets, heating and air conditioning units, and indoor irritants. For each of these triggers a short list of suggestions and strategies for allergy proofing the home is listed.

Audience: The fact sheet is for adults with asthma or allergies, or for parents of children with asthma or allergies.

Recommendation: The fact sheet is recommended as a brief source of environmental control information. It is practical, concise and accurate.

Entry # 27

Title: *Pet Allergy Facts (Fact Sheet 19)*

Produced by: Allergy and Asthma Network – Mothers of Asthmatics, Inc.
2751 Prosperity Avenue, Suite 150
Fairfax, VA 22031
800-878-44-03
www.aanma.org

Cost: \$1.00

Publication date:

Publication type: Fact sheet

Description: The fact sheet provides basic information about pets and their effects on allergies. The sheet includes information on how pet dander leads to allergic reactions and its major effects on people with asthma. It includes suggestions on how to reduce contact with animal dander and suggests that the best solution to avoiding this allergen is to rid the home of the pet entirely.

Audience: The fact sheet is intended for adults with allergies or for parents of children with allergies.

Recommendation: The fact sheet is recommended as a quick reference guide to reduce pet allergen levels in the home.

Entry #28

Title: Vacuum Cleaners

Produced by: Allergy and Asthma Network – Mothers of Asthmatics, Inc.
2751 Prosperity Avenue, Suite 150
Fairfax, VA 22031
800-878-44-03
www.aanma.org

Cost: \$1.00

Publication date:

Publication type: Fact Sheet

Description: The fact sheet provides information about vacuum cleaners and their use to control dust and allergen particles in the air. It provides recommendations on various commercial vacuums as well as information on their ability to retain airborne allergens and measurements on the vacuum's suction power. The sheet recommends certain cleaners that performed well in a university study and also includes a list of vacuum cleaner companies with addresses and phone numbers. It also includes brief information on HEPA (High Efficiency Particulate Air) vacuums and their utility.

Audience: The fact sheet is intended for adults with allergies or for parents of children with allergies.

Recommendation: The sheet is recommendable for someone seeking information on vacuum cleaners and their effects on allergies.

Entry #29

Title: *Asthma Triggers and Early Warning Signs: Why It Is Important to Know Them*

Produced by: Allergy and Asthma Network – Mothers of Asthmatics, Inc.
 2751 Prosperity Avenue, Suite 150
 Fairfax, VA 22031
 800-878-44-03
 www.aanma.org

Cost: \$1.00

Publication date:

Publication type: Fact Sheet

Description: The fact sheet reviews the various factors that can trigger a child's asthma. It emphasizes the importance of parent observation to reduce risks to the child and to help prevent the onset of asthma episodes. It does not focus on any particular trigger, rather, it suggests to the parent that he/she take note of the child's particular triggers. The fact sheet focuses on observing early warning signs of asthma, and encourages the parent to learn the specifics of his/her child's asthma.

Audience: The fact sheet is intended for parents of children with asthma.

Recommendation: The fact sheet is useful in that it provides an overview on the early signs of asthma. Specific suggestions to parents are missing.

TRAINING MANUALS AND PRESENTATION KITS

Entry # 30

Title: *A Guide for Helping Children with Asthma*

Produced by: (NCICAS) National Cooperative Inner-city Asthma Study (funded by the National Institute of Allergy and Infectious Diseases)
 Contact: Asthma and Allergy Foundation of America
 (800) 778-2232

Cost: Contact Researchers

Publication Date:

Publication Type: Binder containing 73 pages of training materials

Description: The manual was developed for use in a study of children with asthma by NCICAS. It contains guidelines for the training of asthma counselors to work with inner-city families in controlling the asthma of children. The guidelines contained in the manual are specific to the program put on by NCICAS and contain a description of the program as well as an overview of the program goals. It provides basic asthma information for the asthma counselors as well as some tips on how best to work with children.

The program is structured for the training of counselors who will work specifically with minority inner-city children between the ages of 6 and 12. It also provides information for working with parents of the children with asthma. The manual specifically outlines two

group sessions with parents and two group sessions with children. The sessions take the counselor step by step through the training workshops and provide suggestions for the topics to be covered and suggestions for activities.

The manual also includes outlines for individual family workshops and individual maintenance sessions. One of the maintenance sessions involves environmental training for the family. The training session outlines specific measures that can be taken to control the major indoor allergens. In the sessions specific and detailed steps are discussed in the control of ETS, dust mites, mold and cockroaches.

The manual includes an appendix that contains visual aids to be used in group sessions, handouts for the participants, and some of the materials used to train the counselors. These materials outline an asthma trigger control plan as well as information on how to control dust mites and molds within the home. The appendix also provides information on medications and peak flow meters.

Audience: The training manual is for use in training community health workers who will be leading group and individual sessions with families of children with asthma. It is colorful and is written at a medium to high literacy level

Recommendation: The training manual is specific and provides important information on a program for inner-city children. It is thorough and well organized and considers all aspects of asthma control.

Entry # 31

Title: *Asthma Education Modules/ Educacion Acerca del Asma* (Bilingual)

Produced by: UTHSCSA

Cost: Contact researchers

Publication date: 1992

Publication Type: 8½ X11” color posters (modules), with pictures and instructions (25 pages)

Description: The posters review the symptoms of asthma and what actions to take when these symptoms occur, information on asthma emergencies, medication use, and peak flow meters. Common triggers and how to control exposure to these triggers are also reviewed. The posters do not include any information on dust mites or cockroaches.

Audience: The posters are intended for teaching young children (ages 5-9) about their asthma and how to keep it under control. It contains colorful pictures, diagrams and large writing, useful for a presentation (at a low literacy level).

Recommendation: The posters are practical tools for presentations to young children. They provide information in a simple and educational format that would make a presentation highly effective.

Entry #32

Title: *Master Home Environmentalist Volunteer Training Manual*

Produced by: American Lung

Association of Washington

2625 Third Ave.

Seattle, WA 98121

(206) 441-5100

Cost: Contact researchers

Publication date: September 1998

Publication type: Volunteer Training Manual (Chapters 6, 8 and 9)

Description: The training manual is written for the use and the training of volunteers in the Master Home Environmentalist Program, a project which educates the public on issues of indoor air quality and pollution control. The manual is for the training of the

volunteers who will conduct workshops with members of the communities.

Chapter 6 of the manual concentrates on house dust reduction and the effects of house dust in the air. It provides information on monitoring the levels of dust in the home and provides detailed steps explaining how to reduce dust accumulation in each area of the house.

Chapter 8 focuses on biological pollutants, including what they are, where they are found, their effects on humans and what steps can be taken to reduce exposure. The effects of dust mites and animal dander are covered at length with suggestions for their removal and control. A section is devoted to the effects of indoor allergens on asthma. A comprehensive list of means for controlling the exposure to asthma triggers is also included.

Chapter 9 covers the effects of moisture in the home, sources of moisture and a summary of how to improve ventilation to control humidity in the home. All three of these chapters include self study questions that review the topics covered.

Audience: The manual is intended for the community volunteer educators and is written for a medium to high literacy level.

Recommendation: The manual is thorough in its explanations and highly recommended.

Entry #33

Title: *SALTA (Salud Ambiental Latinas Tomando Accion), An Environmental Justice and Community Organizing Training Manual* **

Produced by: Environmental Health Coalition

1717 Kettner Blvd. #100

San Diego, CA 92101

(619) 235-0281

ehcoalition@igc.apc.org

www.environmentalhealth.org

Cost: \$100 for entire binder

Publication date: September 1996

Publication type: Training Manual (binder); Section 3: Getting Rid of Pests (written in English and in Spanish)

Description: The training manual is used to train “promotora” health volunteers who will go into Latino communities and educate the public on health and environmental issues facing the communities. Section 3 focuses on the extermination of pests in the household. An introductory section outlines the purpose of the workshop and the materials needed to conduct the session. Specific steps on the points promotoras should cover in the training session with members of the community are described. The outline is specific and covers the types of pests in homes, the effects of pesticides on people, pesticide labels, pest prevention, pest monitoring, and least toxic pest control. The manual also offers suggestions on activities and homework for the community member attending the workshop.

Audience: The manual is intended for the “promotoras,” who are Latina women with a medium literacy level, either in English or in Spanish.

Recommendation: The training manual is well written with very specific recommendations for developing a community workshop on low chemical impact pest control.

Entry #34

Title: *Indoor Air Quality – Tools for Schools Action Kit*

Produced by: Environmental Control Agency
Superintendent of Documents
P.O. Box 371954
Pittsburgh, PA 15250-7954
(202) 512-1800
(202) 512-2250 fax

Cost: \$22/kit

Publication date: September 1995

Publication type: Action Kit

Description: The kit is a guide, created to help schools improve the indoor air quality (IAQ) within the school building. This IAQ coordinator's guide outlines the specific duties and goals of the program. Sample memos and letters requesting the participation of various school staff and parents are also provided, along with background sheets explaining the purpose and goals of IAQ Tools for Schools.

Checklists are intended to promote the participation of the administrative staff, teachers, health officers, building managers, ventilation workers, food service workers, waste management workers, and renovation and repair workers. A problem-solving wheel that provides information on how to solve common air quality problems is also included.

Audience: The kit is intended for the use of a school's IAQ coordinator, who organizes and ensures the implementation of the IAQ program.

Recommendation: *Tools for Schools* is a well put together, resourceful guide for the school administrator. The kit is complete, thorough and concise, but it does not have any particular emphasis on asthma, though it does include information on how to control indoor exposures to asthma triggers.

Entry #35

Title: *A Training Manual for Pediatric Asthma Community Health Workers*

Produced by: ZAP Asthma Study

Available From: Air Pollution and Respiratory Health Branch,
National Center for Environmental Health,
Centers for Disease Control
1600 Clifton Rd.
Atlanta, GA 30333
(404) 639-3311

Publication date: 1997

Publication type: Training Manual

Description: The training manual is designed to train community health workers to work within the ZAP asthma study. The material in the manual is specific to the ZAP study but can also be applied for training other asthma community health workers. The manual is divided into six principle sections. The first section includes an introduction to the study and it's various components. The second section provides information about asthma knowledge, and goes into detail about medications, prevention and asthma management. The third section deals with communication skills and provides the trainee with information on how to communicate effectively with people and how to deal with special situations. The fourth section provides information on self-organization. This section gives the Community Health Worker (CHW) techniques on how to organize agendas, how to keep schedules and how to maintain personal safety. The fifth section is called care coordination and presents information on how to manage family case files, how to make referrals, and how to keep track of family progress. The last section deals with making home visits. This section is designed to bring up common concerns in making home visits, such as how to

prepare for a visit, client interviewing, and health education strategies.

Audience: The manual is intended for people who will be training asthma community health workers. The manual is written at a medium literacy level.

Recommendation: The manual is highly recommended for a community health worker trainer. It covers all necessary topics in a clear and effective manner.

Entry #36

Title: *The A+ Asthma Club*

Produced by: A+ Asthma Partnership
for Minority Children
Karen Huss, D. NSc.
The Johns Hopkins University
School of Nursing
1830 East Monument Street
Baltimore, Maryland 21205
(410) 614-5296

Cost: contact researchers

Publication date: February 1997

Publication type: Family guides and staff training modules

Description: The A+ Asthma Club is a program created by the A+ Asthma Partnership Program, developed through a study funded by the National Heart, Lung, and Blood Institute. The A+ Asthma Club *Book for the Family* explains the causes and prevention of asthma attacks for a family with asthmatic children. The disorder and what will trigger it are described. There is minimal coverage of environmental triggers like dust and cockroaches. More emphasis is placed on situation-induced asthma and the use of medications to treat it.

The A+ Asthma Club *Staff Training Modules* emphasize three areas: *Peak Flow Monitoring*, *Asthma Medications and How to Use Them*, and *Environmental Control and Prevention*. The modules are guidelines for health educators when giving seminars or classes that follow the A+ curriculum. The *Environmental Control and*

Prevention Module provides a general introduction to all types of environmental triggers but specifically discusses intervention techniques for roaches and dust mites, including cleaning procedures and avoidance measures.

Audience: The *Book for the Family* is written at a low literacy level for the families of children with asthma. The *Staff Training Modules* are written at a medium literacy level and targets health educators. Both have large print and helpful illustrations.

Recommendation: The *Staff Training Modules* provide helpful “patient education strategies” that may help those developing a curriculum to customize it to their audience. For purposes of environmental trigger control, the *Environmental Control and Prevention* module is the most useful. The *Book for the Family* and other two modules are geared toward use of medications and situational triggers.

Entry #37

Title: *Clean and Healthy Strategies for Today's Homes: Allergies and Asthma*

Produced by: The Soap and Detergent Association
475 Park Avenue South
New York, NY 10016

Cost: contact researchers

Production date: 1998

Production type: Presentation Kit and Reference Manual

Description: The *Clean and Healthy Strategies Reference Manual* is divided into three sections: “About Allergies and Asthma,” “Controlling Allergens at Home-Lifestyle strategies,” and “Controlling Allergens at Home-Cleaning Practices.” The manual begins with a general look at what asthma is,

how many people are affected by it, and what triggers it (with a special emphasis on indoor allergens). The next two sections deal entirely with the sources of allergens in the home. They describe where dust, mold, cockroaches, pet dander, and pollen might hide and provide detailed descriptions as to how to rid the home of them. There is a cleaning guide for each room in the house (kitchen, bathroom, and bedroom) with suggestions on how to control potential allergens.

The Presentation Kit includes materials that can be photocopied or turned into transparencies. It covers the same material that is in the Reference Manual in a more concise, but still effective, manner.

Audience: Both the Presentation Kit and the Reference Manual are designed to help people with expertise in the area prepare health education presentations. There are “talk points” for the presenter as he/she discusses a particular overhead, and the illustrations in both sets of materials are helpful in visualizing the cleaning process. All material is written at a medium literacy level, but it is designed for someone to present to a more general public.

Recommendation: This kit is excellent for the explanation of indoor allergen control. It is easy to understand and makes the complex process of controlling those allergens seem attainable for everyone. However, it heavily promotes the use of disinfectants and other cleaning products. There is little consideration of least toxic chemical alternatives to cockroach control.

Entry #38

Title: *Open Airways for Schools*

Produced by: American Lung

Association

1740 Broadway

New York, NY 10019-4374

(800) 586-4872

www.lungusa.org

Cost: contact researchers

Production date: January 1998

Production type: Curriculum set

Description: The *Open Airways for Schools* program kit contains an instructor’s guide, a curriculum book, a flip chart of posters, a set of handouts, and an ALA resource list. It is a comprehensive six-lesson curriculum for use in developing a school program for children with asthma. It is divided into the following segments: 1. Basic information/Feelings About Asthma 2. Recognizing and Managing Asthma Symptoms 3. Solving Problems with Medicines/Deciding How Bad Symptoms Are 4. Finding Triggers and Controlling Asthma 5. Keeping Your Battery Charged-How to Get Enough Exercise 6. Doing Well at School.

Lesson 4, which focuses on asthma triggers, discusses five signs of an asthma attack, and then engages children in an activity in which they identify their own asthma triggers, using an illustrated handout and accompanying poster. A role play activity that involves children learning how to communicate to their parents what bothers their asthma follows that activity. Throughout this lesson, and all the others, are interactive discussion ideas to help children become more open about their asthma.

Audience: The program kit was developed for health educators and therefore has many tips and discussion ideas placed strategically throughout the material. The information is clearly presented and easy both to understand and to teach. The visual aids are fun and educational. The program kit is not meant to be distributed to participants in the program, but the lesson plans that can be generated from the kit will be particularly helpful for educating children who suffer from asthma about their disease.

Recommendation: This is an excellent tool for the development of asthma education materials. Every aspect of asthma is explored and explained, including indoor allergens and their control, and the information is developed in a logical sequence so as to make it easy to understand. Furthermore, it is fun and enjoyable for the educator to use as well.

MISCELLANEOUS

Entry #39

Title: *The Pest Invasion*

Produced by: Safer Pest Control Project
For the Horner Residents
Committee
BPI Newsletter
17 E. Monroe Street Suite 212
Chicago, Illinois 60603
(312) 641-5570

Cost: \$1.00

Publication date: 1997

Publication type: Comic book (14 pages)

Description: Intended to teach people what can be done to control pests, this comic strip describes a family with cockroaches and rats in the apartment. Methods of pest control that use hazardous chemicals are caricatured. Practical alternatives are also described. Cleaning, disinfecting, caulking and using roach bait are promoted.

Audience: The comic strip is culturally sensitive and involves an inner city apartment complex. It is intended for people with a low literacy level who reside in inner city areas.

Recommendation: The comic strip is useful and helpful in its suggestions. It provides the audience with practical and simple advice.

Entry #40

Title: *The MA Report (September 1998)*

Produced by: Allergy and Asthma
Network/ Mothers of Asthmatics
(AAN/MA)
2751 Prosperity Ave., Suite 150
Fairfax, VA 22031
(800) 878-4403
www.aanma.org

Cost: Free for members of AAN/MA
(\$25 for yearly membership)

Publication date: September, 1998

Publication type: Monthly Newsletter

Description: The *MA Report* is a monthly newsletter put out by the AAN/MA for parents of children with asthma. This issue focuses on cleaning steps to reduce asthma triggers in various rooms in the home. Also included is information on recent research developments in asthma medications and an order form for various publications and asthma control products. The newsletter is for members of AAN/MA and is intended as a resource of "insider information."

Audience: The newsletter is for parents of children with asthma and is written at a medium literacy level.

Recommendation: The *AAN/MA Report* is a useful source of updated information and resources for a concerned parent who has a child with asthma.

Entry #41

Title: *Common Sense, Pest Control Quarterly – Least Toxic Cockroach Baits*

Produced by: Bio Integral Resource
Center
P.O. Box 7414

Cost: \$30/year for membership to BIRC

Publication date: Winter 1995

Publication type: Journal Article

Description: The article reviews the major cockroach baits available. It describes several least toxic forms of cockroach control, including sticky traps, boric acid, and various baits (niban, hydramethylnon, avermectin, microbial, and nematodes).

Audience: The journal is written for people who have some scientific background and an interest in cockroach control.

Recommendation: The article provides summaries of the effectiveness and usefulness of the available control methods.

VIDEOS

Entry #42

Title: *Asthma Triggers*

Produced by: American Academy of Allergy Asthma and Immunology
611 East Wells Street
Milwaukee, Wisconsin 53202
(414) 272-6071

Cost: \$25.00

Publication date: 1997

Publication type: Videocassette – approx. 10 min

Description: This video provides basic information about the common asthma triggers in the environment, including a brief explanation of what each trigger does to exacerbate asthma and how exposure can be reduced and or eliminated.

Audience: The video is intended for adults with asthma.

Recommendation: The explanations of triggers serve as a useful overview but do not provide detailed instructions for their removal.

Entry #43

Title: *Asthma: Learning to Control Your Symptoms*

Produced by: American Academy of Family Physicians
8880 Ward Parkway
Kansas City, MO 64114-2797

<http://www.aafp.org>

Cost: \$14.95 (plus shipping and handling)

Publication date: 1997

Publication type: Video (16 minutes)

Description: The video provides a concise portrayal of what asthma is, what causes it, and how to treat it. In four short segments, a narrator describes asthma triggers, ways to control them, treatment plans, and warning signs of attacks. While the majority of the video focuses on the different medications available for the treatment of asthma, an informative segment in the beginning of the video discusses both indoor and outdoor triggers. Specifically mentioned are pollens, molds, dust mites, pet dander, and tobacco smoke, and the audience is given advice for reducing exposure to these triggers in the home. Also addressed are food allergies, exercise, strong emotions, and some medications as causes of asthma.

Audience: The narrator speaks clearly and slowly. The video is targeted to adults or older children who have asthma.

Recommendation: Because of the specific treatment of asthma triggers, this video may be helpful in explaining what causes asthma attacks and how to prepare the home so as to avoid such problems. Most of the video focuses on medication.

Entry # 44

Title: *Sesame Street A is for Asthma***

Author: CTW Sesame Street

Produced by: Childhood Asthma Awareness Project

Cost:

Publication date: 1998

Publication type: Video (16 min.), and Caregiver Guide

Description: The video is a very lively and entertaining source of information for young children. It includes basic and simple information on how asthma affects a child's breathing, as well as an action plan for small children to follow in the event of asthma episodes. The video touches on the major asthma triggers, as well as methods to reduce exposure. It is aimed primarily at Latino children with asthma and is highly culturally sensitive yet very fun. It includes several songs dealing with asthma sung by popular Sesame Street characters. The caregivers guide is written for adult caretakers of asthmatic children. It also provides basic information about asthma, asthma triggers, and methods to avoid exposure. The guide also includes an asthma profile sheet that outlines emergency information for a child with asthma. The guide is colorful and lively, and also includes popular Sesame Street characters.

Audience: The video is intended for very young children at about pre-school age. The guidebook is intended for adults and is written at a medium literacy level.

Recommendation: The video is excellent, it is entertaining, funny and very easy to relate to for young Latino children. The guide is well written and provides very useful information for the caregiver.

***Entire kit is completely bilingual, both video and guide booklet.*

Entry # 45

Title: *I'm A Meter Reader*

Produced by: The National Allergy and Asthma Network

Cost:

Publication date: 1992

Publication type: Video (6 min.)

Description: The short video provides small children with basic information on how to use and operate their peak flow meters. The cartoon video is done with simple animation and voice-overs. It

provides information to a young child on what a peak flow meter measures, how to use a peak flow meter and when to use a peak flow meter.

Audience: The video is intended for small children at pre-school or early elementary school ages.

Recommendation: The video is simplistically done, but it does provide information that can be used to ease a child with apprehensions about asthma and the use of peak flow meters.

Entry #46

Title: *Your allergies: Beating the Triggers*

Produced by: MEDCOM, Inc.

6060 Phylis Drive

Cypress, CA 90630

714-891-1443

800-877-1443

www.medcominc.com

Cost:

Publication date: 1995

Publication type: Video (15 minutes)

Description: The video is a concise source of information about allergies and asthma and provides simple explanations on how to avoid allergy triggers. It gives a brief definition of allergies and how they work within the human body.

The video also lists all the common allergens that cause people to have asthma episodes or allergy symptoms.

The video then does a room by room check up on a house, explaining the steps that can be taken to reduce allergens in the home, as well as methods to clean the house that will reduce allergen levels. The video is culturally diverse, as well as practical and easy to understand. It includes very useful information on how to avoid triggers and provides practical strategies to improve the home environment.

Audience: The video is intended for adults with allergies or asthma, or for

parents of a child with asthma or allergies.

Recommendation: The video is recommendable to families with asthma or allergies. It is valuable as an introduction for people who are not informed of the steps that can be taken in homes to reduce allergen levels. It is also useful as a reminder tool for families who already have some knowledge about allergy triggers.

PRODUCT INFORMATION

Allergy and Asthma Network/Mothers of Asthmatics
2751 Prosperity Ave., Suite 150
Fairfax, VA 22031-4397
1-800-878-4403 (See website)

Allergy and Asthma Technology Ltd.
P.O. Box 18398
Chicago, IL 60618
1-800-621-5545

Allergy Control Products, Inc.
96 Danbury Rd.
Ridgefield, CT 06877
1-800-422-DUST

Allergy Free
905 Gemini
Houston, TX 77058
1-800366-3725

Allergy Control Center
11620 Wilshire Blvd. Suite 200
Los Angeles, CA 90025
(888) 648-3688

The Allergy Solution Store
Route 1
100 Baltimore Pike
Chadds Ford, PA 19317
1-800-491-4300

National Allergy Supply, Inc.
4400 Abbott's Bridge Rd.
P.O. Box 1658
Duluth, GA 30096
1-800-522-1448

MAJOR PROFESSIONAL AND PUBLIC SERVICE ORGANIZATIONS

American Academy of Allergy, Asthma, and Immunology
611 East Wells St.
Milwaukee, WI 53202-3889
1-414-272-6071 (See website)

American Academy of Family Physicians
8880 Ward Pkwy.
Kansas City, MO 64114-2797
1-800-944-0000 (See website)

Asthma and Allergy Foundation of America – Resource Catalog
1125 15th St., N.W.
Suite 502
Washington, D.C. 20005
1-800-7-ASTHMA (See website)

American Lung Association
5858 Wilshire Blvd., Suite 300
Los Angeles CA, 90036
213-935-5864

Chicago Asthma Consortium
Resource Directory (A Guide to Asthma Programs and Services)
1440 W. Washington Blvd.
Chicago, IL 60607-1878
312-243-4560
312-243-3954
dorthy@alamc.org

WEBSITES

Allergy and Asthma Network/Mothers of Asthmatics

www.aanma.org

Allergy Basics Center

<http://www.immune.com/allergy/allabc.html>

American Academy of Family Physicians (AAFP)

www.aafp.org

American Academy of Pediatrics

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

American Association of Allergy, Asthma, and Immunology

www.aaaai.org

American Association of Immunologists

<http://www.scienceXchange.com/aai/>

American Association of Respiratory Care

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

American College of Allergy, Asthma, and Immunology

www.acaai.org

American Lung Association

www.lungusa.org

American Thoracic Society

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

Asthma and Allergy Foundation of America (Southern California Chapter)

<http://www.aafasocal.com/>

Asthma Net

<http://www.remcomp.com/asmanet/>

BFI/Safer Pest Control Project

www.spcpweb.org

Center of Complimentary and Alternative Medical Research in Asthma

<http://www-camra.ucdavis.edu/>

Chicago Asthma Consortium

www.chicagoasthma.org

Environmental Health Coalition

www.environmentalhealth.org

Environmental Protection Agency – Controlling Asthma Triggers

<http://www.epa.gov/iedweb00/asthma.html>

Glaxo Wellcome, Inc.

www.asthmacontrol.com

JAMA Asthma Information Center

www.ama-assn.org/special/asthma

KidsHealth.Org

www.kidshealth.org/parent/healthy/enviro_n_control.html

National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov/nhlbi//nhlbi.htm

National Asthma Education Program

www.nhlbi.nih.gov/nhlbi/infctr/infocent.htm

National Institute of Allergies and Infectious Diseases

<http://www.niaid.nih.gov/publications/>

National Institute of Environmental Health Sciences – Asthma Resources

<http://www.niehs.nih.gov/external/faq/alpha.htm#asthma>

National Jewish Medical and Research Center

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

31	X	X		X	X	X	X		X
32	X	X		X	X			X	
33		X						X	X
34			X	X		X	X	X	X
35	X	X	X	X		X	X		
36	X	X	X	X	X	X	X		
37	X	X	X	X	X	X	X	X	X
38	X	X	X	X	X	X	X	X	
39			X						
40				X					
41				X					
42	X	X		X	X	X			
43	X	X	X	X	X	X	X		
44	X	X				X			X
45									
46	X	X	X	X	X	X	X	X	
47	X	X	X	X		X	X		