



Info Rx

Asthma

Asthma is a common, chronic respiratory (lung) disease that affects at least 15-20% of children. There is no cure for asthma but it can be controlled by proper treatment including avoiding triggers and proper use of asthma medication. Symptoms include a cough that can be worse at night and during exercise, shortness of breath, chest tightness, and wheezing.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f20979f2d2f3d001212cb14>



FCRC Information Prescription

Check out all these asthma resources and more on our website.

<http://fcrc.ahs.ca/rx/asthma>



MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services this site has great information about asthma. Simply search for "asthma" in the search bar.

<https://myhealth.alberta.ca/>



About Kids Health

SickKids Hospital in Toronto, Ontario has created an asthma learning hub. This resource touches on controlling your child's asthma, living with asthma and information on asthma medicines and devices.

<https://www.aboutkidshealth.ca/astmahub>



Alberta Lung Association Asthma Handbook

This online handbook covers all the basics of asthma.

https://drive.google.com/file/d/0B-EX_otoc0OOLWg3Y0s2d0hFRIU/view?resourcekey=0--2-pOswNGmRhKGPVBFTWYw



Asthma Society of Canada

The Asthma Society of Canada believes that every Canadian with asthma should be able to live an active and symptom-free life. You will find general information, tips, stories, and new research. The information is available in French as well.

<https://asthma.ca/>



KidsHealth

KidsHealth has a wealth of information about asthma written for kids, teens, and parents. Search for asthma to be taken to many relevant easy to understand articles.

<https://www.kidshealth.org/>



iCan Control Asthma

With the right information and skills, anyone can control their asthma. On this site, the right tools, tips, and knowledge can be found to help keep asthma under control. Information about asthma plans are available in a variety of languages.

<https://cumming.ucalgary.ca/research/icancontrolasthma>



Allergic Living

Learn about living a safe and happy life with allergies and asthma.

<https://www.allergicliving.com/>



AlbertaQuits

AlbertaQuits is dedicated to improving lung health, promoting clean air initiatives and helping Albertans quit smoking and stay tobacco-free.

<https://albertaquits.healthiertogether.ca/>



Huff & Puff: As Asthma Tale

What happens to the Big Bad Wolf when he learns he has asthma? Watch all seven episodes to find out!

<https://vimeopro.com/healthnutsmedia/huff-and-puff-an-asthma-tale>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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