

Learn more about Allergies and Asthma

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Websites

yourlunghealth.org/healthy_living/aah/ *The American Association for Respiratory Care* publishes the *Allergy and Asthma Health* e-magazine four times a year to provide consumers with trusted information. Topics include reducing indoor allergens, what people need to know about viruses and asthma, and how stress can impact asthma.

aafa.org *Asthma & Allergy Foundation of America*, Call 1-800-727-8462 for help in learning about asthma and allergies. Users can email info@aafa.org to request a free packet of information and subscribe to the free *Breathe* e-newsletter or *Fresh Air*, the quarterly hard copy newsletter.

acaai.org/allergist/Pages/default.aspx *American College of Allergy, Asthma & Immunology*. Patient information and allergist referrals are available online or by calling the toll-free patient information and allergist referral number 800-842-7777.

niehs.nih.gov/health/topics/index.cfm *National Institute of Environmental Health Services* (Health Topics Section I) is one of the 27 institutes that comprise the National Institutes of Health. Find out how the environment can trigger allergies and asthma.

nlm.nih.gov/medlineplus/allergy.html *MedlinePlus* has many webpage links to reliable information on allergies in English and Spanish. Sign up for the free email subscription service that allows you to receive alerts by email when new information is available.

Local resources

Aurora Asthma School "Take Control" provides information on best practices, asthma education, including Asthma School "Take Control," and personalized education with a trained asthma expert. Call 866-4HEALTH or search online <http://www.aurorahealthcare.org/events/index.asp> for class information.

Asthma Hotline is a referral line offering information on allergy and asthma treatments. It also provides information on support group opportunities. Call 414-272-6071 or 800-822-2762 for more information.

Food Allergy Association of Wisconsin provides a supportive environment for adults, teens and parents of children with food allergies. Contact them at 608-575-9535 or email info@foodallergywis.org.

Books

Allergic Girl: Adventures in Living Well with Food Allergies by Sloan Miller, Wiley, 2011, ISBN 0470630000, \$17.70. An indispensable guide to living a full life with food allergies, Ms. Miller shows how to handle everyday food allergy issues. Learn practical ways to be assertive and get your needs met, find the best allergist, and learn to enjoy the foods you like.

Allergies Sourcebook: Basic Consumer Health Information about Allergic Disorders by Amy L. Sutton, Omnigraphics, 2011, ISBN 9780780811447, \$95.00. Learn about the immune system and its role in the development of allergic reactions. Information about diagnosis, treatment, coping strategies and prevention is included.

Asthma Sourcebook: Basic Consumer Health Information about Asthma by Sandra J. Judd, Omnigraphics, 2012, ISBN 978078081224, \$95.00. Provides basic consumer information about the different types of asthma, how they are treated, and what to do in the event of an asthma attack.

100 Questions & Answers About Asthma by Claudia Plottel, Jones & Bartlett Learning, 2011, ISBN 076378091X, \$21.36. In this comprehensive and readable book on asthma, the latest medical knowledge and practical tips on what asthma is and what you can do to treat it effectively are discussed.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.