



Information for Parents about our Asthma Program

The providers at Advanced Pediatrics are committed to providing the most advanced care available for children with asthma in order to maintain normal lung function and activity levels, prevent chronic symptoms and reduce acute attacks. Components of our Asthma Program are outlined below.

Appointments (call 303-699-6200)

1. Well Care Exams: APA recommends that all children have a yearly well care appointment. This is especially important for a child or adolescent with asthma.
2. Asthma Check-ups: If your child has been diagnosed with any form of asthma, we will schedule appointments at least every 6 months to evaluate your child's asthma control, adjust medications, check medication technique, provide education, and ensure that a flu shot has been administered. One of these semi-annual visits can be combined with your child's yearly physical. If your child is under the care of a specialist for his or her asthma, you may not need to schedule the 6 month asthma visit, but please have your asthma provider send regular reports to APA.
3. Acute/Sick Appointments: If your child has an increase in asthma symptoms, we can schedule a same day sick appointment to evaluate your child.
4. Nurse Advice: When prescribed medications are not managing symptoms or your child is worsening, we would like you to call the nurse advice line to discuss your child's symptoms with one of our registered nurses and the need for a possible appointment for further evaluation.

Asthma Registry

In order to provide the best care for your child with asthma, Advanced Pediatric Associates participates in an asthma registry. The registry is a tool to assist us in coordinating your child's care. As part of this program we will be collecting information from you about your child's status and care. Please feel free to call at any time to discuss any part of this program with your provider or our registered nurses.

Medications Refills (call 720-870-0244)

Our ideal is to provide you with a six month supply of medications at your asthma check-up, but should you need a refill call our central refill request line. Your medication refill request will be filled based on the child's last asthma check-up and well care visit. If your child is due for a well care or asthma check-up, you will be asked to schedule that appointment.

Education

We encourage you to ask questions at your appointments and develop an asthma plan with your provider. We have multiple handouts we would be happy to provide you. Additionally a list of suggested resources is on the back of this letter. A nurse is also available 24 hours/day to answer your questions and discuss your particular needs. You can also access our website at www.AdvancedPediatricAssociates.com for up-to-date asthma information and links.

Books for Parents and Kids

Parents:

American Academy of Pediatrics Guide to Your Child's Allergies and Asthma: Breathing Easy and Bringing Up Healthy, Active Children The American Academy of Pediatrics, Michael J. Welsh, MD, FAAP, Editor in Chief, *Villard Books, 2000* To order: 1-888-227-1770

Asthma and Allergy Action Plan for Kids: A Complete Program to Help Your Child Live a Full and Active Life Kate Kelly and Allen Dozor, *Fireside, 2004*

The Complete Kid's Allergy & Asthma Guide: The Parent's Handbook for All Ages Milton Gold, *Robert Rose, Inc, 2003*

Positive Options for Children with Asthma: Everything Parents Need to Know O.P. Jaggi, *Hunter House, 2005*

Young Adult:

Breathe Easy!: A Teen's Guide to Allergy and Asthma Jean Ford, *Mason Crest Publishers, 2005*

Asthma: The Ultimate Teen Guide Penny Hutchins Paquette, *Scarecrow Press Inc, 2003*

Ages 8 to 12:

Allergies, Asthma and Exercise Celeste Peters, *Raintree, 2000*

How Asthma Makes Me Feel: A Commemorative Book of Artwork & Essays by Young People with Asthma, Allergy Asthma & Allergy Network, *Sepracor, 1999* To order: 1-800-878-4403

Zoey and The Zones: A Story for Children with Asthma, Shawn McCormic, Ginny Trevino & Nathan Schmidt, *HealthSprings, LLC, 2002*

Ages 4 to 8:

The ABC's of Asthma: An Asthma Alphabet Book for Kids of All Ages Kim Gosselin & Terry Ravanelli, *Jayjo Books, 1998*

The Lion Who Had Asthma Jonathan London, *Albert Whitman & Company, 1992*

Taking Asthma to School Kim Gosselin & Moss Greedman, *Jayjo Books; 2nd edition; 1998*

Websites

Allergy and Asthma Network – Mother's of Asthmatics, Inc. – www.aanma.org 1-800-878-4403

American Academy of Allergy, Asthma and Immunology – www.aaaai.org

American Academy of Pediatrics – www.aap.org

American College of Allergy, Asthma and Immunology – www.acaai.org

American Lung Association – www.lungusa.org

Asthma Action America – www.asthmaactionamerica.org

Asthma and Allergy Foundation of America- www.aafa.org 1-800-7-ASTHMA

Allergy & Asthma Information and Product Resource – www.allergyasthmatech.com
1-800-621-5545

Center for Disease Control – www.cdc.gov/nceh/airpollution/asthma/ 1-800-CDC-INFO

National Jewish Medical and Research Center – www.nationaljewish.org
Lung Line: 1-800-222-LUNG

National Heart, Lung, and Blood Institute - www.nhlbi.nih.gov/health/public/lung/index.htm

The Children's Hospital – www.thechildrenshospital.org/conditions/lung/asthma/forpatients.aspx