



US Medical Assistance Program

Patient Education Resources for Asthma and Allergies

Free for Download

National Heart, Lung, Blood Institute (NHLBI/NIH)

- The patient fact sheet from National Asthma Education and Prevention Program (NAEPP), (http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma_atglance.pdf) provides an introduction to asthma, its causes and risk factors, and treatment and prevention options.
- The NHLBI Action Plan http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma_actplan.pdf is designed to be completed by the patient together with their doctor and serves as an important resource for managing asthma on a routine basis and during an attack.
- The NHLBI Wallet Card (http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma_walletcard.pdf) includes information on common warning signs of an asthma attack and questions to talk to your doctor about. It provides space to record your asthma action plan, peak flow, and medicines.

Asthma and Allergy Foundation of America (AAFA)

- The Asthma and Allergy Assessment Guide from the AAFA (<http://aafa.org/pdfs/QRChome.pdf>) helps patients identify potential sources within their home that may trigger their asthma or allergy symptoms.
- FreshAAIR™ and BReATHE,™ free newsletters from the AAFA (<http://aafa.org/display.cfm?id=4&sub=83&cont=398>) contain educational information for patients and their family on asthma and allergy.

Center for Disease Control and Prevention (CDC)

- The CDC list of common asthma triggers (<http://www.cdc.gov/asthma/triggers.html>) helps patients better manage their asthma attacks.
- You Can Control Your Asthma Patient Brochure (http://www.cdc.gov/asthma/pdfs/asthma_brochure.pdf) is a guide to help patient's understanding asthma and its triggers.
- Help Your Child Gain Control Over Asthma Patient Brochure (http://www.epa.gov/asthma/pdfs/ll_asthma_brochure.pdf), an easy- to- read guide provides parents and caregivers information on how to improve their child's quality of life.

American College of Allergy, Asthma and Immunology (ACAAI)

- The ACAAI Patient Allergy Fact Sheet (<http://www.acaai.org/press/Pages/allergy-fact-sheet.aspx>) provides information about prevalence, morbidity and types of allergies.
- ACAAI's Patient Education Resource Page (<http://www.acaai.org/allergist/pages/default.aspx>) is a portal to allergy and asthma information on causes, treatment, screening, patient management tools and patient success stories.

American Academy of Otolaryngology-Head and Neck Surgery

- Fact Sheet on Is it a Cold, Allergy or Sinusitis? (<http://www.entnet.org/AboutUs/upload/cold-flu-sinusitis-fact-sheet.pdf>)
- Fact Sheet on How Allergies Affect Your Child's Ears, Nose and Throat (<http://www.entnet.org/HealthInformation/allergiesENT.cfm>)
- Fact Sheet on Allergic Rhinitis (Hay Fever) (<http://www.entnet.org/HealthInformation/allergicRhinitis.cfm>)

American Academy of Allergy, Asthma and Immunology

- Signs, Posters and Tips to Remember on Asthma (<http://www.aaaai.org/conditions-and-treatments/library/asthma-library.aspx>) Available in English and Spanish
- Signs, Posters and Tips to Remember on Allergy (<http://www.aaaai.org/conditions-and-treatments/library/allergy-library.aspx>) Available in English and Spanish.

National Institutes of Health (NIH)

- NIH Fact Sheet: Preventing Allergies in Babies and Small Children <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0004990/>
- MedlinePlus is the NIH's website for patients (<http://www.nlm.nih.gov/medlineplus/allergy.html>) contains easy-to-understand information on conditions, tests, treatments, medical encyclopedias and dictionaries on Allergy. Available in Spanish.

National Jewish Health

- National Jewish Health offers online, patient information sheets about various allergy types and covers avoidance measures and inhalation techniques.
 - <http://www.nationaljewish.org/app/files/public/5398/pdf-MF---Allergies-to-Pollens.pdf>
 - <http://www.nationaljewish.org/app/files/public/5412/pdf-MF---Atopic-Dermatitis.pdf>
 - <http://www.nationaljewish.org/app/files/public/5399/pdf-MF---Allergies-to-Animals.pdf>
 - <http://www.nationaljewish.org/app/files/public/4928/pdf-Allergies-to-Dust-Mites.pdf>
 - <http://www.nationaljewish.org/app/files/public/5404/pdf-MF---Allergies-to-Venom.pdf>
 - <http://www.nationaljewish.org/app/files/public/5401/pdf-MF---Allergies-to-Latex.pdf>
 - <http://www.nationaljewish.org/app/files/public/5402/pdf-MF---Allergies-to-Medications.pdf>
- Understanding Asthma Patient Booklet is a comprehensive overview covering symptoms, diagnosis, treatment, and lifestyle management. Available in English and Spanish.
 - English - <http://www.nationaljewish.org/app/files/public/5800/pdf-Understanding-Asthma.pdf>
 - Spanish - <http://www.nationaljewish.org/app/files/public/5799/pdf-Understanding-Asthma-Spanish.pdf>
- Understanding Atopic Dermatitis Patient Booklet (<http://www.nationaljewish.org/app/files/public/5801/pdf-Understanding-AtopicDerm.pdf>) is a comprehensive overview covering symptoms, diagnosis, treatment, and lifestyle management.

Children's Health Fund

- The Family Asthma Guide (<http://www.childrenshealthfund.org/publications/health-education-groups/family-asthma-guide>) provides information on asthma, triggers and tools to control it. The guide is produced in accordance with low literacy writing and design conventions. Available in Spanish.

Fee to Order Online

Asthma and Allergy Foundation of America (AAFA)

- AAFA offers a variety of patient education materials (<http://aafa.org/display.cfm?id=4&sub=81>) including posters, information and action cards, brochures and booklets and fact sheets on asthma and allergies.