



Remember, kids with asthma can lead the same full and active life as their siblings and friends. Children with asthma can and should...

- sleep through the night
- rarely miss school because of their asthma
 - play sports and games
- use their albuterol pump less often

Talk to Amy to learn how!

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Let's Talk About Asthma

Learn how to schedule a free Asthma Basics session for your organization



Asthma is the most common chronic disease among kids in the US, affecting more than 6.8 million children under the age of 18.

- Asthma ranks as the third most common cause of childhood hospitalizations in the country, and is the **leading cause of hospitalization at Children's Hospital Boston.**
- **Nationally, asthma is responsible for more than 13 million missed school days** and many lost work days for parents.
- **In several Boston schools, thirty percent or more live with the condition,** and it's on the rise. The incidence of asthma is 50% higher in Black and Latino families, with the highest disproportionate Boston rates occurring in Roxbury, Dorchester and Jamaica Plain.

While taking medication and attending to environmental concerns are key, knowledge about the condition and its management is also an essential tool for reducing the frequency and severity of asthma attacks and living a healthy and active life.

The **Asthma Basics** session, facilitated by Amy Burack, is intended to spread that knowledge.

Who is Amy?



Amy Burack, RN, MA, AE-C, is the Community Asthma Programs Manager at Children's Hospital Boston, where she has been a Certified Asthma Educator since 2001. She brings a passion and expertise to

asthma advocacy and education, and facilitates a productive and fun conversation about asthma management like no one else.

What exactly is Asthma Basics?

Asthma Basics is a 90-minute educational session filled with useful information on asthma and asthma self-management, including:

- physiology
- signs and symptoms
- triggers and environmental factors
- medications
- delivery devices
- Asthma Action Plans

The session is casual and interactive, and welcomes both questions and discussion among all participants.

Children's Hospital Boston believes that when our community is healthy, with access to services and programs that focus on disease prevention, then our children will be healthier, too. Therefore, as part of our commitment to community health, we are pleased to offer this session to the public free of charge.

Asthma Basics is one component of the Children's Community Asthma Initiative, on the Web at childrenshospital.org/cai.

Who is the session for?

The session is for any group of adults with children in their personal or professional lives who have been diagnosed with asthma. This includes parents, guardians, siblings, coaches, teachers, day care providers... you name it. The group must meet in Boston. For the convenience of the hosting organizations and those attending, the *Asthma Basics* session can be scheduled for the morning, afternoon or evening.

What do I need to do to host an Asthma Basics session?

You provide:

- 10 adult participants whose lives are touched by children with asthma
- a location (e.g. classroom, home, church) within Boston, reserved for 90 minutes
- a desire to help the children with asthma in your life thrive

We provide:

- an asthma expert to lead the session
- techniques to help children with asthma lead healthy, active lives
- a variety of written materials and asthma resources

How can I arrange a session for my group?

It's easy. Just call Amy at 617-919-3069, or email her at amy.burack@childrens.harvard.edu. You may also visit our Web site at childrenshospital.org/asthmabasics to download a copy of this brochure or to learn more about asthma and asthma management.



Children enjoy the pool at the Roxbury YMCA during the Boston Asthma Games.