

# RESOURCE REQUEST FORM

*Asthma Canada's resources are available  
free of charge\* to residents of Canada.  
Our resources are also available for  
download at [www.asthma.ca](http://www.asthma.ca)*

## Shipping/Contact Information

Full Name		Title/Department	
Organization			
Address			
City	Province	Postal Code	
Email	Phone #		
Website	PO Number for Shipping Invoice (if applicable)		

- ☐ Please sign me up as an Asthma Canada Member Alliance (ACMA) Member to receive our e-Newsletter.
- ☐ Please sign me up as an Asthma Canada Health Centre. Your organization will be listed on our online interactive map and will receive new resource samples.

\*Please note that organizations and bulk orders (20+ copies of any single resource) will receive an invoice for shipping fees.

## Brochures & Posters



### My Asthma Action Plan (Adult)

A pamphlet made to help patients track when their asthma flares up and understand how to manage it when it gets out of control.

### Quantity Requested

English \_\_\_\_\_

French \_\_\_\_\_



### My Asthma Action Plan (Children)

A pamphlet made to help children (and/or their parents) track when their asthma flares up and understand how to manage it when it gets out of control.

### Quantity Requested

English \_\_\_\_\_

French \_\_\_\_\_



### Asthma Patient Bill of Rights

Developed by patients, for patients, this brochure describes what asthma control looks like, and the responsibilities of patients, healthcare providers, and governments.

### Quantity Requested

English \_\_\_\_\_

French \_\_\_\_\_



### Sara's ready for school

Discusses how parents can help prepare their child for the September Asthma Peak that happens during the back-to-school season.

### Quantity Requested

English \_\_\_\_\_

## Booklets



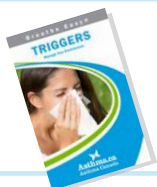
### **Breathe Easy™ #1 – Diagnosis**

Discusses what asthma is, the diagnosis and testing process, and answers common questions about asthma. It includes a checklist of questions you can consider asking healthcare professionals.

### **Quantity Requested**

English \_\_\_\_\_

French \_\_\_\_\_



### **Breathe Easy™ #2 – Triggers**

Discusses common allergic & non-allergic triggers and steps to control asthma. It includes a checklist to use when planning changes to the home environment and a sample symptom diary.

### **Quantity Requested**

English \_\_\_\_\_

French \_\_\_\_\_



### **Breathe Easy™ #3 – Medications**

Discusses common asthma medications and their side effects. Also highlights the various inhalers available and how to use them. Includes an Asthma Action Plan.

### **Quantity Requested**

English \_\_\_\_\_

French \_\_\_\_\_



### **Breathe Easy™ #4 – Allergies**

Explains the connection between asthma and respiratory allergies as well as ways to treat and manage respiratory allergies and minimize exposure.

### **Quantity Requested**

English \_\_\_\_\_

French \_\_\_\_\_



### **Taking Control of Asthma**

Details a comprehensive approach to managing asthma and shares information on symptoms, triggers, proper medication adherence, and more.

### **Quantity Requested**

English \_\_\_\_\_

French \_\_\_\_\_



### **Walking a Good Walk with Asthma**

Discusses common allergic and non-allergic triggers and steps that can be taken to control your asthma. This workbook has been designed for First Nations community members.

### **Quantity Requested**

English \_\_\_\_\_



### **Living Well with Asthma as an Older Adult**

A booklet designed for older adults to best understand asthma so they can ask the right questions and receive the best care possible.

### **Quantity Requested**

English \_\_\_\_\_

French \_\_\_\_\_

**Please return  
your complete  
form to:**

### **MAIL:**

ASTHMA CANADA  
124 MERTON STREET, SUITE 401  
TORONTO, ON M4S 2Z2

### **EMAIL:**

INFO@ASTHMA.CA