



Asthma Organizations

Asthma Initiative of Michigan

Michigan has a strong and unique asthma movement. Michigan's official asthma project started in February of 2000, when the Michigan Department of Community Health pulled together 125 asthma experts from across the state from public and private agencies with knowledge in the areas of clinical care, education, environmental quality and surveillance. As part of the effort to improve care and education of patients with asthma, they sponsored a website that is frequently updated to provide complete, current and correct information about asthma in one place.

- <http://www.getastmahelp.org/>
1-866-EZLUNGS (1-866-395-8647)
Email: info@getastmahelp.org

American Academy of Allergy Asthma and Immunology

The American Academy of Allergy, Asthma and Immunology is the largest professional medical specialty organization in the United States, representing allergists, asthma specialists, clinical immunologists, allied health professionals, and others with a special interest in the research and treatment of allergic disease. Resources on the website include an interactive pediatric patient education section:

- <http://www.aaaai.org/home.aspx>
555 East Wells Street, Suite 1100
Milwaukee, WI 53202
Phone: 414-272-6071 Fax: 414-272-6070 Email: info@aaaai.org

American College of Allergy, Asthma, & Immunology

The ACAAI is a professional association of 4,900 allergists/immunologists. Established in 1942, the ACAAI is dedicated to improving the quality of patient care in allergy and immunology through research, advocacy and professional and public education. The ACAAI's goals are to:

- Improve the quality of patient care in allergy, asthma and immunology
- Maintain and advance the diagnostic and therapeutic skills of member and foster their appropriate application
- Sponsor and conduct educational and scientific programs and publications
- Develop and disseminate educational information for members, patients, health plan purchasers and administrators, and other physicians and health professionals.
- Patient education website:

<http://www.acaaai.org/allergist/asthma/Pages/default.aspx>

85 West Algonquin Road, Suite 550

Arlington Heights, IL 60005

Phone: 847-427-1200 Fax: 847-427-1294

Email: mail@acaaai.org

American Lung Association of Michigan

Resources:

- Pamphlets and educational materials on asthma management, treatment and equipment
- Fact sheets and patient information for adults and children
- Educational programs, environmental information
- LungNet, Michigan's lung health advocacy network
- <http://www.alam.org/>

1475 E. 12 Mile Road

Madison Heights, MI 48071

Phone: 248-784-2000

Fax: 248-784-2008

Email: midland@midlandlung.org

Other Helpful Resources

Allergy & Asthma Network—Mothers of Asthmatics

Founded in 1985, AANMA is a national nonprofit network of families whose desire is to overcome, not cope with, allergies and asthma. The shortest route to that goal is knowledge — that's why AANMA produces the most accurate, timely, practical, and livable alternatives to suffering.

- <http://www.aanma.org/>

8201 Greensboro Drive, Suite 300

McLean, VA 22012

Phone: 1-800-878-4403

Fax: 703-288-5271

Asthma & Allergy Foundation of America

The Asthma and Allergy Foundation of American is a nonprofit organization dedicated to helping patients with asthma live healthy and active lives, They offer; free information about asthma and allergies, education programs for consumers and health professionals, advocacy to improve quality of life for patients and research to find a cure.

- <http://www.aafa.org/>

8201 Corporate Drive, Suite 1000

Landover, MD 20785

Phone: 1-800-7-ASTHMA (1-800-727-8462)

Email: info@aafa.org

Asthma Pediatric Tutorial

This is a tutorial for children and parents from the University of Virginia. It provides a general overview of Asthma and answers any questions children might have.

- <http://www.medicine.virginia.edu/clinical/departments/pediatrics/clinical-services/tutorials/asthma>

Environmental Protection Agency

Indoor Air Quality and Asthma Information:

- <http://www.epa.gov/asthma/>

Outdoor Air Quality Information:

- <http://airnow.gov>

National Asthma Education and Prevention Program

This is an organization that has published the National Asthma Management Guidelines. These were last published fully in 1997, with an updated version published in 2002. The guidelines and patient information are available online:

- <http://www.nhlbi.nih.gov>

Phone: 301-592-8573

Fax: 240-629-3246

Email: nhlbiinfo@nhlbi.nih.gov

National Jewish Medical and Research Center

This is an institution long known for asthma care and research. They have professional and patient education resources for asthma and other allergic diseases which are available online.

- <http://www.njc.org>

1400 Jackson Street

Denver, CO 80206

Phone: 1-877-CALL-NJH (1-877-225-5654)

Starlight Foundation

This organization has a website with asthma information, plus they will send a free asthma education game or CD ROM to patients with asthma.

- <http://asthma.starlight.org>

Resources for Quitting Smoking

University of Michigan Health System Resources:

- **M-Fit Tobacco Consultation Services (Ann Arbor).** Offers materials, a quit tobacco program, and counselor support. Support groups include a Kick the Habit, Smoking Cessation for Seniors, and Stay Quit.
<http://hr.umich.edu/mhealthy/programs/tobacco/consultation/>
Phone: 734-99T-OBAC (734-998-6222).

Other Resources

- Order a Smoker's Quit Kit and smoke free dining resources from the **Michigan Department of Community Health Tobacco Section** website:
<http://www.michigan.gov/tobacco>
Click on: "Information for Consumers"
Click on: "To Quit Tobacco."
- The **Michigan Tobacco Quit Line** offers free information and tobacco treatment referral 24 hours/day at 1-800-QUIT-NOW (1-800-784-8669.) Free counseling and Nicotine Replacement Therapies may be available to certain callers.
- **American Cancer Society** offers quit tobacco resources
<http://www.cancer.org>
Phone: 1-800-227-2345
- **American Heart Association** offers printed materials
<http://www.americanheart.org>
Phone: 1-800-242-8721 or 1-888-474-8483

- **American Legacy Foundation** offers online assistance and referrals to community programs
<http://www.becomeanex.org>
- **American Lung Association** of Michigan offers quit smoking classes, printed material, and a quit tobacco website
<http://www.lungusa.org>
Phone: 1-800-586-4872
- **Ann Arbor Veterans Medical Center**
Phone: 734-845-5876 or 1-877-222-8387
- **Blue Cross and Blue Shield Members** Quit the Nic program
Phone: 1-800-775-BLUE (1-800-775-2583)
- **Priority Healthy Members** Smoking Cessation Program
<http://www.priorityhealth.com/member/health-wellness/managing-conditions/tobacco>
- **Center for Disease Control and Prevention** has free quit tobacco materials
http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm
A website dedicated to quitting tobacco: <http://www.smokefree.gov>
- **Chelsea Community Hospital**
Phone: 734-593-5280
Contact: Community and Senior Health Services
- **Eastern Michigan University Staff and Students**
Phone: 734-487-1122
Contact: The Snow Health Center
- **GlaxoSmithKline** offers a telephone hotline available Monday through Friday from 8am to 5pm EST
Phone: 1-877-662-7437
Free online information: <http://www.way2quit.com>.

- **National Cancer Institute** offers telephone advice available Monday through Friday from 9am to 4:30pm EST
Phone: 1-877-44U-QUIT (1-877-448-7848)
A quit kit: <http://www.cancer.gov/cancertopics/smoking>
Online counselors are available Monday through Friday from 9am to 11pm: <http://www.cancer.gov/help>.
- **Nicotine Anonymous** offers telephone support
<http://www.nicotine-anonymous.org>
Phone: 1-877-TRY-NICA (1-877-879-6422)
- **Pfizer** provides a personalized support plan (GET Quit) for up to one year for CHANTIX users only
<http://www.chantix.com/support-plan.aspx>
- **QuitNet** offers an online quit smoking program including support from a network of ex-tobacco users
<http://www.quitnet.com>
- **St. Joseph Mercy Health System**
<http://www.stjoesannarbor.org/tobacco>
Phone: 734-712-3456
- **Tips to quit tobacco**
<http://www.mytimetoquit.com>
- **Try to Stop** offers an online quit tobacco program called Quit Wizard
<http://www.trytostop.org>
- **U.S. Department of Health and Human Services** provides quit tobacco materials and a quit challenge blog
<http://1800quitnow.cancer.gov>

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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