



AMERICAN RESPIRATORY ALLIANCE
of WESTERN PENNSYLVANIA

We're All About Breathing

FOR IMMEDIATE RELEASE

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Back to School and Back to Germs! The American Respiratory Alliance has Free Programs to Help!

(Pittsburgh, PA), 22-August-2007 – With the start of a new school year comes renewed concerns over asthma management and control of asthma triggers in the school environment. This includes germs that can cause respiratory infections and trigger asthma attacks.

Studies show that one in ten children suffers from asthma, and another 10% are undiagnosed. Many children do not manage their asthma well and experience significant symptoms which contribute to poor school attendance and participation. Education is the key to successful asthma management.

The American Respiratory Alliance provides free germ fighting and asthma education in the schools to help the students, teachers and school nurses become more aware of asthma triggers and allergy fighting techniques. The Alliance reaches the entire school population with the education and resources they need.

These free programs; “Be a Germ Fighter” and the “School Asthma Initiative” (or SAI) are very successful and offer a comprehensive multi-component approach to asthma education for students (with and without asthma) school faculty and staff and school nurses.

Health teachers can request ***Breathing Basics***, a K-12 health curriculum that includes lesson plans and materials designed to help students learn about lung health.

Back to school also means back to practice for many children who participate in sports. Exercise Induced Asthma (EIA) is a form of the disease where exercise is a trigger and causes asthma symptoms only when children participate in physical activity. With proper disease education and management, children with asthma can participate in sports and live an active life. It is important for children to exercise and when they learn to recognize their limits, understand their triggers, and have an asthma plan in place, they will enjoy a life minimally affected by asthma symptoms.

Any school interested in the Alliance’s school programs and resources should contact Jeannie Simms, Respiratory Alliance’s Director of Field Services at 1-800-220-1990.

The American Respiratory Alliance of Western Pennsylvania is ***dedicated to the prevention and control of lung disease through education, training, direct services, research funding, and advocacy.*** For more information on asthma or other services provided by the American Respiratory Alliance, please call 1-800-220-1990 or visit www.healthylungs.org.

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