



AMERICAN RESPIRATORY ALLIANCE  
of WESTERN PENNSYLVANIA

*We're All About Breathing*

**FOR IMMEDIATE RELEASE**

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**May is Nationally Recognized as “Asthma Awareness Month”**

The month of May is nationally recognized as “Asthma Awareness Month.” The American Respiratory Alliance of Western Pennsylvania, located in Cranberry Township, is the premier lung health organization in our region and reminds the community of lifesaving tips for living with asthma.

Asthma is a lung disease which makes it difficult to move air in and out of the lungs. The Respiratory Alliance reminds the community that asthma is a chronic and serious disease that can be life threatening, if not treated properly. Although there is no cure for asthma, it can be well managed.

An estimated 23 million Americans suffer from asthma; it is one of the most common chronic lung conditions among children. Every day:

- 10 people die from asthma;
- 78,000 people miss school or work due to asthma;
- 35,000 people have an asthma attack;
- 4,600 people visit the emergency room due to asthma;

“The Respiratory Alliance serves all of western Pennsylvania with education and helpful resources. In 2007, our organization helped 39,000 children with asthma and their families through our school-based asthma programs and Camp Huff-n-Puff,” says Executive Director of the Respiratory Alliance, Christine Weaver.

The Respiratory Alliance hosts Camp Huff-n-Puff for children with asthma ages 8-13. The camp will take place from August 12-15, 2010. Full and partial scholarships are available for children in need. For more information on Camp Huff-n-Puff please call 724-772-1750.

For those struggling with asthma, the Respiratory Alliance recommends that you:

- Seek the care of a physician if you experience any warning signs such as a cough, wheezing, chest tightness, shortness of breath.
- Understand your condition. It requires prescribed medications, monitoring, and knowledgeable management strategies. Use medications only as prescribed.
- Use inhalers correctly. Using a spacer increases the benefit of the medication.
- Monitor your symptoms. Report any problems or changes to your doctor. Take note of your asthma triggers. Asthma Diaries can be purchased from the American Respiratory Alliance.

The American Respiratory Alliance is dedicated to the prevention and control of lung disease through education, training, direct services, research funding and advocacy. For more information, contact the ARA at 724-772-1750 or click on [www.healthylungs.org](http://www.healthylungs.org).