

We will show you how to:

- Identify asthma triggers
- Recognize asthma symptoms
- Use a spacer to enhance medication delivery
- Use a peak-flow meter to monitor your lung function
- Manage symptoms on a daily basis
- Manage symptoms in an emergency situation

The Asthma Health Management Program provides you with an age-based asthma folder and carrying pack which includes:

- Spacer
- Peak flow meter and diary
- Educational CDs
- Instructional materials
- Asthma action plan



The Asthma Health Management Program

Cape Coral Hospital
636 Del Prado Blvd., Cape Coral, FL 33990
239-424-3890

The Outpatient Center at HealthPark Commons
16281 Bass Road, Suite 305
Fort Myers, FL 33908
239-343-7217

The Outpatient Center at Plantation*
13601 Plantation Road, Suite 2
Fort Myers, FL 33912
239-343-0765

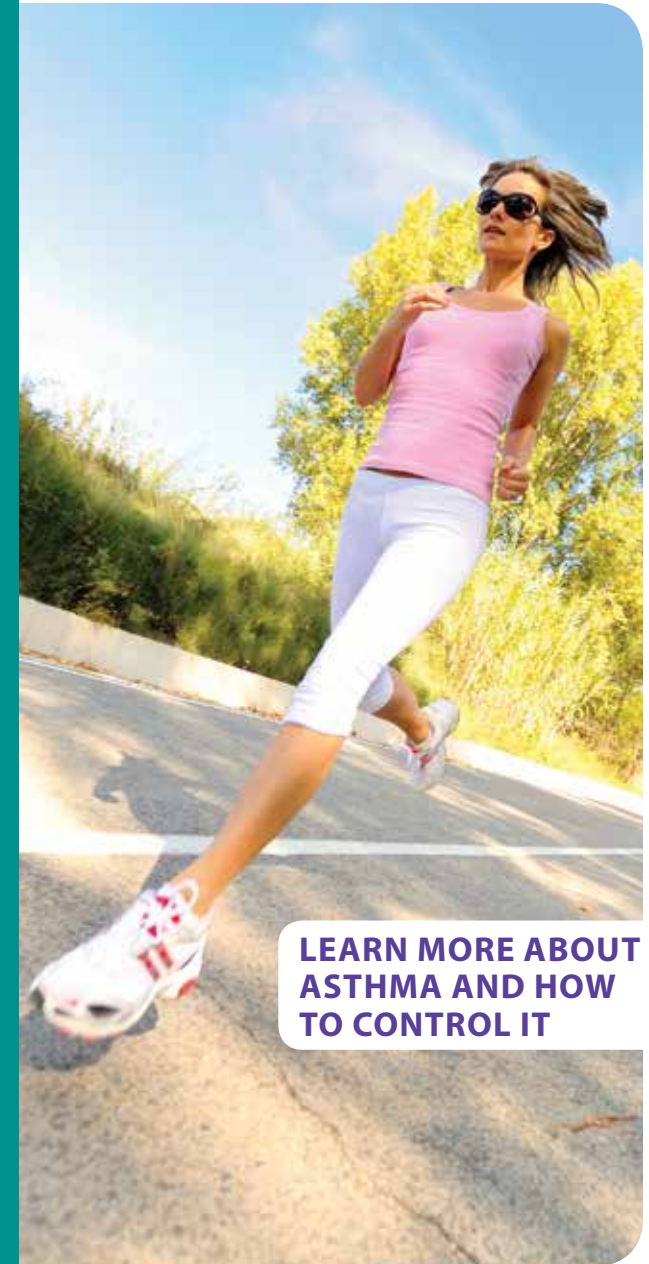
To make an appointment call
Outpatient Scheduling:
239-424-1499
239-424-1439 fax

**LEE MEMORIAL
HEALTH SYSTEM**

www.LeeMemorial.org

* An outpatient department of Lee Memorial Hospital

Asthma Health Management Program



**LEARN MORE ABOUT
ASTHMA AND HOW
TO CONTROL IT**

**LEE MEMORIAL
HEALTH SYSTEM**



Breathe a Little Easier

The Asthma Health Management Program is an educational program for adult and pediatric patients. They are referred by their primary care physician, pediatrician, pulmonologist, emergency department physician or allergist. Patients are usually scheduled for six visits during the six-month program, although the physician or asthma educator may extend the duration as necessary.

The program’s full-time certified asthma educator works with your physician to develop your personal asthma action plan, designed to meet your specific medical needs.

By the end of this program, you should be able to self-manage your asthma, resulting in fewer absences from school or work, an improvement in your quality of life, decrease in emergency room visits and hospitalizations and improved lung function.

Asthma can be a manageable disease. We encourage you to take control of your asthma through the Asthma Health Management Program offered by Lee Memorial Health System.

About the Program

The Asthma Health Management Program, based on guidelines by the National Heart, Lung & Blood Institute, is the only outpatient asthma education program in Southwest Florida. The multidisciplinary team of health professionals includes a certified asthma educator, medical directors for adult and pediatric patients, respiratory therapists, and nurses.

Children as young as 2 years old will learn how to identify and manage their asthma symptoms. Both parents and children benefit from the fun, game-like activities that teach self-management skills. This program compliments the education and treatment children receive as patients in Golisano Children’s Hospital. The program will contact your school nurse and provide the school with a copy of your asthma action plan that you receive during your visit. This will help guide the health official if your child is having problems with his/her asthma.

