## ASTHMA NATIONAL RESOURCE INFORMATION LIST

<table>
<thead>
<tr>
<th>Resource</th>
<th>Description</th>
<th>Website/Contact Address</th>
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<tr>
<td>Healthfinder</td>
<td>Enter asthma in the search. This site contains links to respiratory information websites, and educational materials that can be downloaded or ordered.</td>
<td><a href="http://www.healthfinder.gov">www.healthfinder.gov</a></td>
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<tr>
<td>MEDLINEPLUS</td>
<td>National Library of Medicine Information on asthma, COPD, pneumonia, sinusitis, colds and flu, including pictures, diagrams and treatment options in English and Spanish.</td>
<td><a href="http://www.nlm.nih.gov/medlineplus/lungsandbreathing.html">www.nlm.nih.gov/medlineplus/lungsandbreathing.html</a></td>
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<tr>
<td>American Lung Association (ALA)</td>
<td>Connects you with your closest local chapter, nurse or respiratory therapist who can answer lung health questions.</td>
<td>1-800-LUNG-USA (1-800-586-4872)</td>
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<tr>
<td>ALA Website</td>
<td>Enter asthma in the search or select Lung Diseases for specific information on asthma. The Lung Disease Finder helps you search “A to Z” for specific lung disease information. Site also includes smoking cessation tips.</td>
<td><a href="http://www.lungusa.org">www.lungusa.org</a></td>
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<tr>
<td>American Academy of Allergy, Asthma, and Immunology</td>
<td>Click Patients and Consumers and Media for tips, pictures, diagrams and the latest research. Use the search feature for specific topics. Site available in English and Spanish.</td>
<td><a href="http://www.aaaai.org">www.aaaai.org</a></td>
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<tr>
<td>National Heart, Lung, and Blood Institute (NHLBI)</td>
<td>Information in English and Spanish on asthma, inhalers, and other lung diseases.</td>
<td><a href="http://www.nhlbi.nih.gov/health/public/lung">www.nhlbi.nih.gov/health/public/lung</a></td>
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<tr>
<td>NHLBI Health Information Center</td>
<td>To order NHLBI publications or ask for special topic information.</td>
<td>1-301-592-8573 (not toll free) email: <a href="mailto:NHLBinfo@nhlbi.nih.gov">NHLBinfo@nhlbi.nih.gov</a></td>
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</tbody>
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SEE BACK FOR MORE INFORMATION
Please note: The Asthma Education Program is for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you may need. You, as a member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information furnished by you is kept strictly confidential and only used to provide us with information necessary for participation in the Asthma Education Program.

**National Institute of Allergies and Infectious Disease (NIAID)**  
Information in English and Spanish on asthma, COPD, bronchitis pneumonia, sinusitis, flu and colds.  
www.niaid.nih.gov/publications

**SMOKING CESSATION**

**Freedom from Smoking**  
Sign up for the online Freedom from Smoking program that includes quit-smoking preparation and support after you quit.  
www.ffsonline.org  
1-800-548-8252

**Centers for Disease Control and Prevention**  
Smoking cessation information and materials on how to quit smoking.  
www.cdc.gov/tobacco

**National Cancer Institute**  
Type *Quit Smoking* in the search for resources and research information.  
1-800-4-CANCER  
(1-800-422-6237)  
www.cancer.gov

**United States Surgeon General’s Website**  
Effective clinical treatments and the latest information to help you quit smoking.  
www.surgeongeneral.gov/tobacco

**Smokefree.gov**  
Information and professional assistance that helps support both your immediate and long-term needs as you become, and remain, a nonsmoker. Get immediate assistance through an online step-by-step guide plus local, state and national telephone quitlines, instant messaging service and publications which may be downloaded, printed or ordered.  
www.smokefree.gov  
1-800-QUIT-NOW  
1-800-784-8669