

RESOURCE REQUEST FORM

Asthma Canada's resources are available free of charge to residents of Canada. Our resources are also available for download at www.asthma.ca*

Shipping/Contact Information

Full Name		Title/ Department	
Organization			
Address			
City	Province	Postal Code	
Email	Phone #		
Website	PO Number for Shipping Invoice <i>if applicable</i>		

- Please sign me up as an Asthma Canada Member Alliance Member (ACMA) to receive our e-Newsletter.
- Please sign me up as an Asthma Canada Health Centre. *Your organization will be listed on our online interactive map and will receive new resource samples.*

**Please note that organizations and bulk orders (20+ copies of any single resource) will receive an invoice for shipping fees*

Brochures, DVDs & Posters



Breathe

Your asthma is as unique as you are

Quantity Requested

English _____

Includes tips on self-management and a fillable Asthma Action Plan



Asthma Patient Bill of Rights

Developed by patients for patients, this brochure describes what asthma control looks like, responsibilities of patients, healthcare providers and governments.

Quantity Requested

English _____

French _____



Sara's ready for school

Discusses

Quantity Requested

English _____



Taking Control of Asthma

Following the Circle of Care

Quantity Requested

English _____

French _____

Booklets

	<p>Breathe Easy™ #1 – Diagnosis</p> <p>Discusses what asthma is, the diagnosis and testing, and answers common questions about asthma. It includes a checklist of questions you can consider asking healthcare professionals.</p>	<p>Quantity Requested</p> <p>English _____</p> <p>French _____</p>
	<p>Breathe Easy™ #2 – Triggers</p> <p>Discusses common allergic & non-allergic triggers and steps to control asthma. It includes a checklist to use when planning changes to the home environment and a sample symptom diary.</p>	<p>Quantity Requested</p> <p>English _____</p> <p>French _____</p>
	<p>Breathe Easy™ #3 – Medications</p> <p>Discusses the common asthma medications and their side effects. Also highlights the various inhalers available and how to use them. Includes an Asthma Action Plan.</p>	<p>Quantity Requested</p> <p>English _____</p> <p>French _____</p>
	<p>Breathe Easy™ #4 – Allergies</p> <p>Explains the connection between asthma and respiratory allergies as well as ways to treat and manage respiratory allergies and minimize exposure.</p>	<p>Quantity Requested</p> <p>English _____</p> <p>French _____</p>
	<p>Self-Advocacy Guide</p> <p>A handbook which will help guide you through complex healthcare systems and learn about people who can help you control your asthma.</p>	<p>Quantity Requested</p> <p>English _____</p>
	<p>Walking A Good Walk with Asthma</p> <p>Discusses the common allergic and non-allergic triggers and steps that can be taken to control your asthma. This workbook has been designed for the First Nations community members.</p>	<p>Quantity Requested</p> <p>English _____</p>

**Please return
your complete
form to:**

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