

# ■ WORLD ASTHMA DAY

Nearly 20 million Americans suffer from asthma, many of them children. Asthma is the leading chronic disease that affects children in the United States, causing kids to miss about 14 million school days each year. By providing parents and caregivers with information on effective asthma management practices, there's hope to increase the number of children who have their asthma under control and reduce asthma-related visits to the hospital.

- May is National Asthma and Allergy Awareness Month, and the best time to learn how to handle your asthma.

Asthma is related to allergies, because the chronic inflammation of the airways that lays the foundation for an asthma episode is often due to allergy triggers.

Every person has his or her own triggers. If you avoid the factors that trigger your symptoms, you can minimize the severity of asthma symptoms and enjoy less interference with sleep, exercise, school, and work.

The better informed you are about your asthma triggers and management, the less asthma symptoms will interfere with your activities. Some asthma triggers are: respiratory infections, cold dry air, psychological stress, airborne plant pollen, mold, animal dander, dust mites, or exercise.

Asthma symptoms are often worse in the morning and late at night. In between asthmatic episodes, symptoms have been known to disappear or improve but that does not mean the asthma has gone away.

Asthma can be controlled. You can do it! When you know how to control asthma, it no longer controls you. Having asthma should not stop you from participating in normal activities.

May fifth is a day to celebrate "Health in San Diego" because the Cinco de Mayo Mexican holiday shares the date with World Asthma Day, an occasion created by the Global Initiative for Asthma, under the auspices of the United Nations' World Health Organization. (<http://www.ginasthma.com/WADIndex.asp>)

- In San Diego, the American Lung Association teamed up with Cinco de Mayo con Orgullo for a health fair which brought the lifesaving lessons of Asthma Management to Kimball Park in National City from 11 a.m. to 4 p.m. on Saturday, May 2.

Community resources and access to health care are further aids to families in National City. While parents focus on these important needs, kids can enjoy free crayons and coloring books about asthma that are being distributed at health fairs, presentations, schools, recreation centers, and childcare centers.

The Lung Association's National City Asthma Project identifies children with asthma and aims to equip them and their family with an Asthma Action Plan and the knowledge to follow it. There is no charge to the recipient for these services, which are provided by referral from the Project's partner medical clinics:

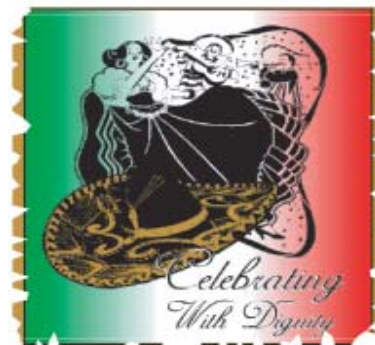
- La Maestra • Operation Samahan • National City Family Clinic

For more information, please call: 1-800-Lung-USA (1-800-586-4872)



**AMERICAN LUNG ASSOCIATION** or visit [www.CaliforniaLung.org](http://www.CaliforniaLung.org).

**Cinco de Mayo Coalition  
Proudly presents:  
A Cinco de Mayo  
Alcohol and Tobacco  
Free Festival**



▶ Come and enjoy the day with:

- ▶ • Life entertainment
- ▶ • King and Queen Essay Contest
- ▶ • Food Booths
- ▶ • Crafts Booths
- ▶ • Prizes
- ▶ • Children's Activities

▶ There is going to be a new component to the Festival this year!!!

▶ We are partnering with:

- ▶ • American Lung Association to celebrate the World Asthma Day
- ▶ • MANA San Diego
- ▶ • Free Mamogram and Bone Density Screenings.

**Saturday, May 2  
from 11 a.m. to 4 p.m.  
Location: Kimball Park  
in National City**