

Additional Patient Asthma Resources for the Worcester Area

Asthma Hotlines

The following national organizations are staffed with asthma experts to answer your questions:

- **Asthma and Allergy Foundation of America** 1-800-727-8462, 7:00 a.m. – midnight
- **Allergy and Asthma Network's Mothers of Asthmatics** 1-800-878-4403, Monday - Friday, 9:00 am to 5:00 pm Eastern Standard Time.
- **American Lung Association** 1-800-586-4872

Asthma Support Groups

- **Asthma & Allergy Foundation of America (New England Chapter)** 781-444-7778. Support groups run from September through May and are held in a number of regional Massachusetts locations, including Framingham (Metrowest) & Westford (Nashoba Valley). Support group schedules can be found on their website: <http://www.asthmaandallergies.org/>

Asthma Education

- **UMass Memorial**....For more one-on-one education to learn how to better manage your child's asthma, request a referral from your physician to the UMass Memorial program
- **Asthma Initiative of Michigan's, Asthma Management Tool** <http://getastmahelp.org/tool.html>; a wonderful multi-media educational presentation about asthma and how to control indoor and outdoor triggers that you can watch from your home computer

Useful Web Asthma Resources

- **Asthma and Allergy Foundation of America** www.aafa.org
- **American Lung Association** http://www.lung.ca/diseases-maladies/asthma-asthme_e.php/