

Questions to ask your doctor:

- How do I know if I have asthma?
- Are there tests to diagnose asthma?
- What medicine should I take and when?
- May I have an Asthma Action Plan?
- When should I seek emergency help?



Ask your doctor for a prescription to have a spacer

If you smoke or live with a smoker:

Tobacco smoke and exposure to secondhand smoke can be a major trigger for asthma. Local services provide help for quitting.

- NYS Smokers' Quitline 1-866-697-8487 or www.nysmokefree.com
- Nurse Direct Cessation Counseling 1-800-295-8088
- Mothers and Babies Perinatal Network 1-800-231-0744
- Visit www.tompkins-co.org/tobaccofree/



Where can I learn more about asthma?

- Your doctor or medical provider
- Tompkins County Public Library
- Your child's school nurse and school library
- Your health insurance plan—ask if they offer case management
- Tompkins County Health Department: call (607) 274-6710 or visit online www.tompkins-co.org/health/asthma

Durable Medical Equipment Suppliers (for spacers & nebulizers)

- **Franciscan Health Support, Inc.**
(607) 277-1827
- **Guthrie Medical Supply Depot**
(607) 273-4727 or 1-877-815-2627
- **Lincare Inc.**
(607) 277-4027
- **United Health Services Professional Home Care**
(607) 257-1425
- **Cortland Regional Medical Center**
(607) 756-3880

This brochure provides information on asthma resources. It does not provide medical, financial or insurance advice.

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Resources for People with Asthma in Tompkins County



"I stopped to smell the flowers. Where's my inhaler?"



Tompkins County Health Department
Health Promotion Program
607-274-6710

www.tompkins-co.org/health/asthma



Asthma cannot be cured, but it can be managed so people with asthma can lead healthy, active and comfortable lives.

HOW TO MANAGE YOUR ASTHMA

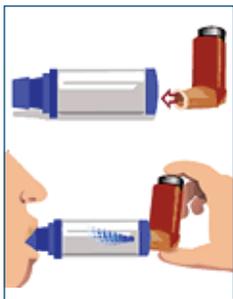
Asthma Action Plan: A plan written by a health care provider that (1) identifies your asthma triggers, (2) tells you which medications to take everyday, and (3) tells you which medications to add when you are having asthma symptoms.

Quick-Relief Medicines: Medicines taken when the symptoms of an asthma episode occurs.

Controller Medicines: Medicines that prevent asthma episodes. These must be taken regularly, even when no symptoms are occurring.

Asthma Medical Equipment

Nebulizers and spacers are devices that improve delivery of inhaled medications.



The nebulizer breaks liquid medication into very tiny droplets that will be breathed into the lungs.

Spacers attach to the inhaler so inhaled medication is sprayed

How to get the care you need.

To manage your asthma effectively visit your health care provider regularly. If you can't afford to see a doctor, you may qualify for a low-cost or free health insurance.

- All children without health insurance qualify for Child Health Plus.
- Health coverage plans for adults include Medicaid or Family Health Plus. Call the Get Covered Info Line at 2-1-1 to find out about your options.
- The Ithaca Free Clinic will see people who don't have insurance. Call (607) 330-1254 to find out when it is open.
- If you have a doctor, ask if there is a sliding fee scale.

into the spacer. This allows the medication to go deep in to the lungs and keeps most of the medication out of the mouth and throat.

Ask your doctor to write a separate prescription for *each* of these items. The equipment provider will bill your insurance.

Some providers will direct bill if you have Medicaid or Child Health Plus, saving you any out-of-pocket costs.

See the back of this brochure for a list of local medical equipment suppliers.

How to get the medicine you need.

Medicine for asthma can be expensive. If you don't have insurance that pays for your prescriptions, you may qualify for a program that will provide your medicine for free or low cost.

These programs include: NYS sponsored



Ask your pharmacist how your medicine should be taken.

health insurance plans, patient assistance programs run by pharmaceutical companies, or prescription discount cards to save money. Many local drugstores also have low prices for many of their generic drugs.

The Prescription

Meds Access Program (PMAP), a program of the Human Services Coalition of Tompkins County, can help you find ways to get your medicine.

Call 2-1-1 or (877) 211-8667, or visit www.211tompkins.org for more information.