

ASTHMA RESOURCES

- **Asthma Guide for People of All Ages** by Thomas F. Plaut, M.D. Pedipress, Inc. 1999 ISBN 0-914625-22-5. This can be ordered at your local bookstore, or from Pedipress directly 1-800-611-6081. www.pedipress.com
- **One Minute Asthma: What You Need to Know** by Dr. Thomas F. Plaut is available through Pedipress 1-800-611-6081. This book can be read in about 30 minutes and “concisely covers the major points made by the NHLBI Expert Panel on Asthma. [It] contains all the facts that patients need. It is sound, current, and complete.” Available in Spanish and e-book. www.pedipress.com
- **Asthma Signs Diary** and **Asthma Peak Flow Diary** are used in conjunction with the Dr. Plaut books listed above. www.pedipress.com
- **American Lung Association of Washington State** 1-800-732-9339. www.alaw.org
- **Allergy and Asthma Foundation of America** 1-800-7-ASTHMA. www.aafa.org
- **Food Allergy Network** 1-800-929-4040. www.foodallergy.org
- **National Institute of Allergy and Infectious Disease** 1-301-496-5717. www.niaid.nih.gov
- **National Jewish Medical and Research Center** 1-800-222-LUNG. www.njc.org
- **National Asthma Education and Prevention Program** 1-301-251-1222. www.nhlbi.nih.gov
- **Allergy and Asthma Network / Mothers of Asthmatics, Inc.** 1-800-878-4403. www.aanma.org
- **Washington State Free Tobacco Quit Line** 1-877-270-7867