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Asthma and Allergy Foundation of America Announces Free Online Course for Asthma Patients

New Program Aims to Improve ASTHMA Care for Adults

November 8, 2018 – Washington, D.C. – The Asthma and Allergy Foundation of America (AAFA) with support provided by the U.S. Centers for Disease Control and Prevention (CDC) has created and launched the *Asthma Symptoms, Treatment, Health Management and Activities™* (ASTHMA) Care for Adults program to help patients manage asthma and improve their health. The program covers a full range of topics someone with asthma needs to know.

Asthma is a life-threatening disease. Each year we lose over 3,000 people to it. Whether they are newly diagnosed or have had asthma for some time, some may need help making sense of it all. The ASTHMA Care program is available as a self-paced online course for patients and their caregivers. The content is presented in different formats – such as videos, animations, handouts and more.

AAFA President and CEO Kenneth Mendez states, “Knowing how to manage asthma is important for better health, quality of life and in extreme cases avoiding hospitalization and even death. Patients can reduce missed work and school days. They can do more of the activities they enjoy.”

ASTHMA Care has seven lessons on asthma management. It covers topics such as:

- Asthma basics
- Asthma action plans
- Controlling triggers at home and work
- Knowing if your asthma is not well-controlled
- Working with doctors, caregivers and employers
- Properly using asthma medicines
- Knowing what to do in an emergency

Mendez concludes, “We are thankful to CDC for supporting this much needed resource for our community. ASTHMA Care for Adults is a valuable tool to help save lives and improve quality of life.”

The ASTHMA Care for Adults course can be found at aafa.org/asthmacare.

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Asthma and Allergy
Foundation of America



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About ASTHMA Care

This program is produced by the Asthma and Allergy Foundation of America with support provided under a cooperative agreement (1 UE1 EH001308) with the U.S. Centers for Disease Control and Prevention, National Center for Environmental Health, Atlanta, Georgia. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Centers for Disease Control and Prevention.

About AAFA

Celebrating 65 years of service, AAFA is the oldest and largest non-profit patient organization dedicated to improving the quality of life for people with asthma, allergies and related conditions through research, education, advocacy and support. AAFA provides practical information and community-based services through its digital communities and network of chapters and support groups. Through its [Kids with Food Allergies division](#), AAFA offers the most extensive online support community for families of children with food allergies. AAFA also helps consumers identify products suitable for those with asthma and allergies through the [asthma & allergy friendly® Certification Program](#). For more information, visit aafa.org.

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