

# San Diego Asthma Resource Directory For Consumers





# Introduction

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## Background

The San Diego Regional Asthma Coalition is a collaborative of fifty agencies committed to preventing asthma and positively impacting the lives of people affected by asthma through leadership and coordinating resources. The American Lung Association led the development of the Coalition in 1999, bringing together agencies that work in asthma prevention and treatment, disease management, provider and family education, research, environmental justice and school health.

## What is Asthma?

Asthma is a lung disease resulting from inflammation or restriction of the airways. Symptoms include wheezing, coughing, shortness of breath, and chest tightness. Asthma episodes (also known as asthma exacerbations or asthma attacks) can be triggered by environmental allergens, irritants, and respiratory infections. Asthma is a chronic disease and currently cannot be cured. However, most asthma episodes can be prevented with appropriate management, including both preventive medication and environmental controls.

## Purpose of the Directory

The purpose of the asthma resource directory is to help you the consumer (parents whose children have asthma and adults with asthma) find the resources needed to manage asthma. Since asthma affects people of all ages, this resource directory includes programs for different age groups. This directory is a list of specific asthma services and does not include all health care providers. Included are a wide variety of asthma programs, health care services and asthma-related community resources for all age groups.

## Where Can I Find Help?

**Section One** is the Alphabetic Listing of Organizations arranged by name of the organization. This section gives you information on what services each organization provides.

**Section Two** is a List of Asthma Services arranged by categories. This section helps you to find Classes, Educational Materials, Medication, Screening/Diagnosis/Treatment, Services to Schools, and Camps.

**Section Three** is the Other Asthma Resources Section. This section lists services and information that can help you learn more about asthma and many issues related to asthma. You can find a list of regional programs, information on health insurance, childcare referral resources, smoking cessation, asthma books and magazines, environmental resources, asthma organizations and internet sites.

Thank you for using the *San Diego Asthma Resource Directory for Consumers*. We hope that it is useful. Your feedback is appreciated. If you know of an organization that should be included in a future directory or would like to request additional copies, please contact the American Lung Association of San Diego and Imperial Counties at 1-800-LUNG-USA or 619-297-3901.



## Acknowledgment

The San Diego Asthma Resource Directory for Consumers is a project of the San Diego Regional Asthma Coalition.

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### San Diego Regional Asthma Coalition Participating Agencies

Aging and Independence Services  
 Air Best Heating & Air Conditioning  
 Allergy & Asthma Medical Group  
 Alliance Healthcare Foundation  
 American Academy of Pediatrics  
 American Lung Association of San Diego and Imperial Counties  
 Blue Cross of California  
 California Children's Services  
 Center for Child Health Outcomes  
 Child Health and Disability Prevention Program  
 Children's Hospital and Health Center  
 Children's Physician Medical Group  
 Comprehensive Health Center  
 Community Health Group  
 Council of Community Clinics  
 County Office of Education  
 County of San Diego Health and Human Services Agency  
 Environmental Health Coalition  
 Escondido Community Health Center  
 Family Health Centers of San Diego  
 Grossmont College  
 Health Net  
 Horn of Africa  
 Indian Health Council  
 Kaiser Permanente  
 Mercy Pediatric Clinic  
 Mid-City CAN  
 Naval Medical Center San Diego  
 Neighborhood House Association Head Start  
 North County Collaborative  
 North County Health Services  
 Operation Samahan  
 Palomar Pomerado Medical Center  
 Paradise Valley Hospital  
 Parent Teacher Association, Ninth District  
 San Diego City Schools  
 San Diego State University, Graduate School of Public Health  
 San Diego Unified School District  
 School Health Innovative Programs  
 Scripps Clinic  
 Scripps Health System  
 Sharp Grossmont Rehabilitation Program  
 Sharp Health Plan  
 Sharp Rees-Stealy Medical Group  
 Tri-City Medical Center  
 UCSD Health Plan  
 University of California San Diego, School of Medicine  
 Union of Pan Asian Communities  
 Urban League of San Diego  
 Vista Community Clinic  
 YMCA Childcare Resource Service



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*North Inland*

*North Coastal*

*South*

*East*

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Childcare Referral Resource

Smoking Cessation Resources

Books

Magazines

Local Environmental Resources

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National Asthma Organizations

Internet Sites



# Organizations



	Classes					
	Educational Activities & Materials					
	Asthma Medication					
	Screening, Diagnosis, Treatment					
	Services to Schools					
	Camps					
<p><b>Allergy and Asthma Medical Group and Research Center</b>                      San Diego, Escondido, Encinitas, Temecula                      9610 Granite Ridge Drive                      San Diego, CA 92123                      Phone: (858) 292-1144                      Fax: (858) 268-5145</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Allergy Associates Medical Group and Research Center</b>                      6386 Alvarado Court # 210                      San Diego, CA 92120                      Phone: (619) 229-2355</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>American Lung Association</b>                      2750 Fourth Ave.                      San Diego, CA 92103                      Phone: (619) 297-3901                      Fax: (619)297-8402</p> <p>150 Valpreda Road, Suite 204                      San Marcos, CA 92069                      Phone: (760) 761-4803                      Fax: (760) 761-4806</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p><b>Blue Cross of California, State Sponsored Programs</b>                      9353 Clairemont Mesa Blvd., Suite N                      San Diego, CA 92123                      Phone: (858) 522-6302                      Fax: 1 (888) 404-7023 1</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Children's Hospital and Health Center</b>                      3020 Children's Way                      San Diego, CA 92123                      Phone: 1 (800) 669-9749                      Fax: (858) 495-4956</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Comprehensive Health Center</b>                      3177 Ocean View Blvd.                      San Diego, CA 92113                      Phone: (619) 231-9300                      Fax: (619) 232-5922</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Classes					
	Educational Activities & Materials					
	Asthma Medication					
	Screening, Diagnosis, Treatment					
	Services to Schools					
	Camps					
<p><b>Environmental Health Coalition</b>                      1717 Kettner Blvd. #100                      San Diego, CA 92101                      Phone: (619) 235-0281                      Fax: (619) 235-0281</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Family Health Centers of San Diego (Logan Heights Family Health Center)</b>                      1809 National Avenue                      San Diego, CA 92113                      Phone: (619) 234-8171                      Fax: (619) 237-1856</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Imperial Beach Health Center</b>                      600 Palm Ave # 108                      Imperial Beach, CA 91932                      Phone: (619) 429-3733</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p><b>Indian Health Council, Inc</b>                      100 Golsh Road &amp; Highway S-6                      Pauma Valley, CA 92061                      Phone: (760) 749-1410 x305                      Fax: (760) 749-2151</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Kaiser Permanente</b>                      10990 San Diego Mission Rd.                      San Diego, CA 92108                      Phone: (619) 641-4185                      Fax: (619) 641-4195</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>La Maestra Family Clinic, Inc.</b>                      4185 Fairmount Avenue                      San Diego, CA 92105                      Phone: (619) 584-1612 Ext. 3019                      Fax: (619) 281-6738</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Linda Vista Health Care Clinic</b>                      6973 Linda Vista Road                      San Diego, CA 92111                      Phone: (858) 279-09250</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

	Classes					
	Educational Activities & Materials					
	Asthma Medication					
	Screening, Diagnosis, Treatment					
	Services to Schools					
	Camps					
<p><b>Mid-City Community Clinic</b>                      4290 Polk Ave.                      San Diego, CA 92105                      Phone: (619) 563-0250</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<p><b>Naval Medical Center San Diego</b>                      Pediatric Clinic                      34800 Bob Wilson Dr., 2 East                      San Diego, CA 92134                      Phone: (619) 532-8819                      Fax: (619) 532-9582</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Neighborhood Health Care</b>                      (East County, Escondido)                      855 East Madison Avenue                      El Cajon, CA 92020                      Phone: (619) 440-2751</p> <p>460 North Elm Street                      Escondido, CA 92025                      Phone: (760) 737-2000</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>North County Health Services</b>                      150 Valpreda Road, Suite 204                      San Marcos, CA 92069                      Phone: (760) 736-6700</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>North County Physical Rehab &amp; Wellness Center</b>                      2229-C El Camino Real                      Oceanside, CA 92054                      Phone: (760) 757-2526</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Operation Samahan Health Clinic</b>                      2743 Highland Avenue                      National City, CA 91950                      Phone: (619) 474-2284</p> <p>10737 Camino Ruiz # 100                      San Diego, CA 92126                      Phone: (858) 578-4417</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Classes					
	Educational Activities & Materials					
	Asthma Medication					
	Screening, Diagnosis, Treatment					
	Services to Schools					
	Camps					
<b>Palomar Pomerado Health System</b> 15255 Innovation Drive # 201 San Diego, CA 92128 Contact: Phone: (760) 739-3000 or (858) 613-4000	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Paradise Valley Hospital</b> 2400 E 4th Street National City, CA 91950 Phone: (619) 470-4346	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Parent Teacher Association, Ninth District</b> 6401 Linda Vista Rd., Annex A San Diego, CA 92111 Phone: (858) 268-8077 Fax: (858) 268-8017	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>San Diego American Indian Health Center</b> 2630 1st Ave. San Diego, CA 92103 Phone: (619) 234-0572 Fax: (619) 234-0505	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>San Diego Childhood Asthma Initiative</b> 2750 Fourth Ave. San Diego, CA 92103 Phone: (619) 297-3901 Fax: (619)297-8402  150 Valpreda Road, Suite 204 San Marcos, CA 92069 Phone: (760) 761-4803 Fax: (760) 761-4806	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>San Diego Unified School District</b> Intervention Services Department 2351 Cardinal Lane, Annex B San Diego, CA 92123 Phone: (858) 627-7580 Fax: (858) 627-7444	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

	Classes					
	Educational Activities & Materials					
	Asthma Medication					
	Screening, Diagnosis, Treatment					
	Services to Schools					
	Camps					
<b>San Ysidro Health Center</b> 4004 Beyer Boulevard San Ysidro, CA 92173 Phone: (619) 428-4463	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Scripps Mercy Hospital</b> 4077 5th Avenue San Diego, CA 92103 Phone: 1 (800) 727-4777	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Scripps Memorial Hospital</b> 435 H Street Chula Vista, CA 91910 Phone: 1 (800) 727-4777	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>ScrippsHealth</b> Phone: 1 (800) 727-4777	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Scripps Otay Family Health Center</b> 1637 3rd Avenue # B Chula Vista, CA 91911 Phone: 1 (800) 727-4777	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sharp Center for Health Promotion</b> Phone:1 (800) 82-SHARP	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sharp Grossmont Hospital</b> Pulmonary Rehab 5555 Grossmont Center Drive San Diego, CA 92128 Phone: (619) 644-4118	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sharp Memorial Hospital</b> Pulmonary Rehab 7901 Frost Street San Diego, CA 92123 Phone: (858) 541-3380	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spirit of Caring Mobile Health Care Clinic and Pharmacy</b> Phone: (619) 636-2825	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

	Classes					
	Educational Activities & Materials					
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	Services to Schools					
	Camps					
<b>Tri-City Medical Center and Sharp Mission Park Medical</b> 4002 Vista Way Oceanside, CA 92056 Phone: (760) 940-3055 or (760) 806-5860	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>UCSD Division of Community Pediatrics and School Health</b> 9500 Gilman Drive La Jolla, CA 92093-0927 Phone: (619) 681-0665 Fax: (619) 681-0666	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Vista Community Clinic</b> 1000 Vale Terrace Drive Vista, CA 92084 Phone: (760) 631-5000	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>YMCA Childcare Resource</b> Service Healthline Phone: 1 (800) 908-8883	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Asthma Services



# Classes

*These services can help you:*

- ✓ Learn how adults and children can live active, healthy lives with asthma.
- ✓ Learn simple ways to prevent asthma episodes.
- ✓ Find out how to make your home “asthma trigger free”
- ✓ Learn the warning signs for when you need to see a doctor.
- ✓ Learn about asthma drugs and breathing aids.

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## American Lung Association

**Contact:**

Coordinator, Pediatric Asthma Programs

**Phone:**

(619) 297-3901

**Program:** Open Airways for Schools

**Description:** A 6-session class for students with asthma. Each lesson is 45 minutes long and can be scheduled any time during the school day.

**Cost:** Free

**Languages Spoken:** English, Spanish (some materials)

**Regions Served:** All Regions

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## Blue Cross of California, State Sponsored Programs

**Contact:**

Cathy Lurty

**Phone:**

(858) 522-6302

**Program:** Asthma Education

**Description:** Classes are conducted as needed for Blue Cross of California Medi-Cal and Healthy Families members only.

**Cost:** Free

**Languages Spoken:** Blue Cross of California members may call (800) 407-4627 for help in languages other than English.

**Regions Served:** All Regions

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## Children’s Hospital and Health Center

**Contact:**

Carrie Arij, RN

**Phone:**

(858) 576-1700 Ext. 4214

**Program:** One on One classes

**Description:** Appointments with a registered nurse, pharmacist, or respiratory therapist are scheduled on an individual basis, usually 30 to 60 minute sessions.

**Cost:** Fee dependent on payer and service provided

**Languages Spoken:** English, Spanish, other languages available

**Regions Served:** All Regions

**Comprehensive Health Center**

**Contact:**  
Ginger Hallerberg

**Phone:**  
(619) 231-9300

**Program:** Asthma Education Classes

**Description:** Call for schedule of classes.

**Cost:** Free

**Languages Spoken:** English, Spanish, Tagalog

**Regions Served:** Central

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**Environmental Health Coalition**

**Contact:**  
Maria Moya

**Phone:**  
(619) 235-0281

**Program:** SALTA de Aire

**Description:** A 3-session class on air quality, health, and community activism in Spanish. Includes basic information on asthma.

**Cost:** Free

**Languages Spoken:** Spanish

**Regions Served:** Central

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**Family Health Centers of San Diego (Logan Heights Family Health Center)**

**Contact:**  
Luis Hernandez

**Phone:**  
(619) 234-8171

**Program:** Asthma Education Classes (Spanish)

**Description:** Meets every Wednesdays at 5 p.m.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** Central

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**Imperial Beach Health Center**

**Contact:**  
**Phone:**  
(619) 429-3733

**Program:** Reach Out to Families Center and School-Based Clinic

**Description:** This program offers health education, medical treatment and medication. Only students in South Bay Unified School District who do not have medical insurance are eligible.

**Cost:** Free

**Languages Spoken:** English, Spanish, Serbian

**Regions Served:** South

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**Indian Health Council, Inc**

**Contact:**  
Public Health Nurse

**Phone:**  
(760) 749-1410 Ext. 305

**Program:** Breathe Easy Program

**Description:** Call for Asthma Breathe Easy clinic hours and eligibility criteria.

**Cost:** Fees dependent upon eligibility

**Languages Spoken:**

**Regions Served:** North

**Kaiser Permanente****Contact:**

Connie Zaragoza, MPH

**Phone:**

(619) 641-4194 or (619) 641-4185

**Program:** Child Asthma

**Description:** (3 classes, 2 hours each session) Provides parents and their children an understanding of asthma prevention, treatment, and management. Parents attend the first two classes, and children 5 to 15 attend the third class. For Kaiser Members and their families.

**Cost:** Free for members

**Program:** Adult Asthma

**Description:** (2 classes, 2 hours each session) Provides an understanding of asthma prevention, treatment, and management. For Kaiser Members and their families.

**Cost:** Free for members

**Languages Spoken:**

**Regions Served:** All Regions

**La Maestra Family Clinic, Inc.****Contact:**

Alejandrina Areizaga, Program Management Coordinator

**Phone:**

(619) 584-1612 Ext. 3019

**Program:** Asthma Education

**Description:** Health education for asthma patients and parents of asthma patients. Education provided one-on-one and in groups.

**Cost:** Free

**Languages Spoken:** Arabic, Chaldean, English, Iraqi, Kurdish, Laotian, Nuer, Somali, Spanish, Sudanese, Tagalog, Trigrinia, Vietnamese,

**Regions Served:** Central

**Linda Vista Health Care Center****Contact:**

Eileen Timmons, RN

**Phone:**

(858) 279-0925

**Program:** Asthma Education

**Description:** Individual health education with parents/patients.

**Cost:**

**Languages Spoken:** French, Hmong, Laotian, Spanish, Tagalog, Vietnamese

**Regions Served:** North Central

**Naval Medical Center San Diego****Contact:**

Remy Pascual, RN, BSN

**Phone:**

(619) 532-8819

**Program:** Pediatric Asthma Education for Parents and Children

**Description:** Children (ages 4 and up) are taught about asthma by a registered nurse, while parents listen to a lecture by a pediatrician regarding management of their child's asthma. The class is offered once a month at the Naval Medical Center.

**Cost:** Free to beneficiaries

**Languages Spoken:** English (Spanish and Tagalog translation available).

**Regions Served:** All Regions

**Neighborhood Health Care  
(East County Community Health  
Services, Escondido Community  
Health Center)**

**Contact:**  
**Phone:**  
(619) 668-6280 or (760) 737-2030

**Program:** Asthma Education Classes  
**Description:** Call for schedule of classes.  
**Cost:** Free  
**Languages Spoken:** English, Spanish  
**Regions Served:** East, North

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**North County Health Services**

**Contact:**  
Jamie Carrillo  
**Phone:**  
(760) 736-6700

**Program:** Asthma Education Classes  
**Description:** Call for schedule of classes.  
**Cost:** Free  
**Languages Spoken:** English, Spanish  
**Regions Served:** North

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**North County Physical Rehab  
& Wellness Center**

**Contact:**  
Kevin McQueen  
**Phone:**  
(760) 757-2526

**Program:** Adults Only (No Pediatric) Asthma Programs  
**Description:** 2 hours classes. Covers asthma education, causes, effects, treatments, respiratory medications, inhaler, nebulizers, peak flow meters, environmental controls.  
**Cost:** \$15.00, No Charge to North County Better Breathers Clubs  
**Languages Spoken:**  
**Regions Served:** North Coastal

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**Paradise Valley Hospital**

**Contact:**  
Center for Health Promotion  
**Phone:**  
(619) 470-4346

**Program:** Asthma Class  
**Description:** Learn about asthma treatments, new medications, allergies, inhaler use, asthma intervention programs, and resources. Includes a free pulmonary function test.  
**Cost:** Free  
**Languages Spoken:** English, Spanish  
**Regions Served:** South

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**Parent Teacher Association,  
Ninth District**

**Contact:**  
**Phone:**  
(858) 268-8077

**Program:** Asthma Education Sessions/Classes  
**Description:** Provides information and education for parents, PTA members about asthma. Advocates for legislation, at the local, state and national level, that will improve children's health, clean air and environment.  
**Cost:** Free  
**Regions Served:** North Central

### San Diego Childhood Asthma Initiative

**Contact:**

Asthma Coordinator, San Diego  
Childhood Asthma Initiative

**Phone:**

(619) 297-3901 or (760) 761-4805

**Program:** Asthma Workshops for Child Care Providers

**Description:** Covers information about asthma, environmental triggers, prevention, treatment and use of devices.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** Limited areas

### San Ysidro Health Center

**Contact:**

**Phone:**

(619) 428-4463

**Program:** Asthma Education Classes

**Description:** Call for schedule of classes.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** South

### Scripps Mercy Hospital

**Contact:**

**Phone:**

(800) 727-4777

**Program:** Asthma Education Classes

**Description:** Call for schedule of classes.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** Central

### Scripps Memorial Hospital Chula Vista

**Contact:**

**Phone:**

(800) 727-4777

**Program:** Asthma Education Classes

**Description:** Call for schedule of classes.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** South

### ScrippsHealth

**Contact:**

**Phone:**

(800) 727-4777 or (858) 554-8835

**Program:** Asthma Education Classes

**Description:** Provides classes for adolescents (12+) and adults. Offered at various sites (La Jolla, Rancho Bernardo, Rancho San Diego, San Diego)

**Cost:** Free to the public

**Languages Spoken:** English, Spanish

**Regions Served:** Central

### **Scripps Otay Family Health Center**

**Contact:**  
**Phone:**  
(619) 425-1780

**Program:** Asthma Education Classes  
**Description:** Call for schedule of classes.  
**Cost:** Free  
**Languages Spoken:** English, Spanish  
**Regions Served:** South

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### **Sharp Center for Health Promotion**

**Contact:**  
**Phone:**  
(800) 82-SHARP or (800) 827-4277

**Program:** Asthma Education Classes  
**Description:** Offers classes for adults and children at three locations: Sharp Memorial Hospital, Sharp Grossmont Medical Center, and Sharp Chula Vista Medical Center. Classes offered once a month; location rotates.  
**Cost:** Free to the general public.  
**Languages Spoken:** English, Spanish  
**Regions Served:** Central, East, South

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### **Sharp Grossmont Hospital Pulmonary Rehabilitation**

**Contact:**  
Shelly Barber, RN  
**Phone:**  
(619) 644-4118

**Program:** Pulmonary Rehabilitation Program  
**Description:** Pulmonary rehabilitation is a comprehensive, multidisciplinary program for adults with chronic lung disease. The program includes medical evaluation, exercise testing, psychosocial support, patient education, and physical conditioning. A physician referral is required; call to ask questions and to start the referral process. The outpatient program is 4 weeks long and meets 3 times per week. Inpatient programs and post-rehab maintenance are available.  
**Cost:** Fees dependent upon eligibility  
**Language Spoken:** English  
**Regions Served:** All Regions

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### **Sharp Memorial Hospital Pulmonary Rehabilitation**

**Contact:**  
Vella Lagao-Ybarra, RN or Kathleen Kennedy, RRT, RCP  
**Phone:**  
(858) 541-3380

**Program:** Pulmonary Rehabilitation Program  
**Description:** Pulmonary rehabilitation is a comprehensive, multidisciplinary program for adults with chronic lung disease. The program includes medical evaluation, exercise testing, psychosocial support, patient education, and physical conditioning. A physician referral is required; call to ask questions and to start the referral process. The outpatient program is 4 weeks long and meets 3 times per week. Post-rehab maintenance is available.  
**Cost:** Fees dependent upon eligibility  
**Language Spoken:** English  
**Regions Served:** All Regions

### Tri-City Medical Center and Sharp Mission Park Medical

**Contact:**

**Phone:**

(760) 940-3055 or (760) 806-5860

**Program:** Asthma Education Classes

**Description:** A two-session Asthma Self Management class for adults is held every six weeks in Oceanside and Vista. For dates, times and to register call Tri-City Medical Center at (760) 940-3055 or Sharp Mission Park Medical Group at (760) 806-5860.

**Program:** Pulmonary Rehabilitation Program

**Description:** Pulmonary rehabilitation is a comprehensive, multidisciplinary program for adults with chronic lung disease. The program includes medical evaluation, exercise testing, psychosocial support, patient education, and physical conditioning. A physician referral is required; call to ask questions and to start the referral process. The outpatient program is 6 weeks long and meets 3 times per week. Post-rehab maintenance is available.

**Cost:** Fees dependent upon eligibility

**Languages Spoken:**

**Regions Served:** North Coastal

### YMCA Childcare Resource Service Healthline

**Contact:**

Susan Conrad, RN or Tracy L. Ewton

**Phone:**

(800) 908-8883

**Program:** Asthma Awareness in Preschools

**Description:** Provides basic asthma education including the respiratory system. For parents of children in child care centers or family child care homes in San Diego County.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** All Regions



## Educational Activities and Materials

*These agencies can provide:*

- ✓ Informational brochures, pamphlets, and books on asthma for various ages and in various languages
- ✓ Educational videos on asthma
- ✓ Referrals to asthma classes and other programs
- ✓ Information on other important resources such as health insurance and counseling.

### American Lung Association

**Contact:**

**Phone:**  
(619) 297-3901

**Program:**

**Description:** Fact sheets, pamphlets, and educational booklets are available. Topics include childhood and adult asthma, asthma management, and outdoor and indoor air quality. Videos are available for checkout.

**Cost:** Materials are available at no cost or a small fee.

**Languages Spoken:** English, Spanish (some materials)

**Regions Served:** All Regions

### Blue Cross of California, State Sponsored Programs

**Contact:**

Customer Care Center

**Phone:**  
(800) 407-4627

**Program:** Customer Care Center

**Description:** Educational materials and Asthma Control Kits are available through the Customer Care Center at (800) 407-4627. An audio tape library and a staff nurse are available 24 hours a day at (800) 224-0336. For Blue Cross of California Medi-Cal and Healthy Families members only.

**Cost:** Free to members

**Languages Spoken:** Blue Cross of California members may call (800) 407-4627 for help in a variety of languages. Written information is available in many different languages. If a member needs assistance while in a doctor's office, translation services are available.

**Regions Served:** All Regions

### Children's Hospital and Health Center

**Contact:**

Carrie Arij, RN

**Phone:**  
(858) 576-1700 Ext. 4214

**Program:** Asthma Education for You and Your Child (Booklet in English and Spanish)

**Description:** Includes asthma action plan, peak flow diaries, toddler symptom diaries, and medication information sheets.

**Cost:**

**Languages Spoken:** English, Spanish

**Regions Served:** All Regions

**Comprehensive Health Center**

**Contact:**  
Ginger Hallerberg

**Phone:**  
(619) 231-9300 Ext. 3101

**Program:** Health Education and Promotion

**Description:** Pamphlets, videos (English and Spanish), individual health education for asthma

**Cost:** Free

**Languages Spoken:** English, Spanish, Tagalog

**Regions Served:** Central

**Family Health Centers of San Diego (Logan Heights Family Health Center)**

**Contact:**  
Sylvia Garciabueno

**Phone:**  
(619) 234-8171 Ext. 2501

**Program:** Chronic Disease-Related Outreach

**Description:** Community members trained as peer educators or Promotoras bring chronic disease education, including asthma awareness and prevention/management to residents of Barrio Logan at health fairs, schools, churches and other public venues.

**Cost:** Free

**Languages Spoken:** English, Spanish.

**Regions Served:** Central

**Imperial Beach Health Center**

**Contact:**  
Irene Vega

**Phone:**  
(619) 628-5081

**Program:** Health Education and Promotion

**Description:** Fact sheets, pamphlets, and videos on asthma education are available in English and Spanish

**Cost:** Free

**Program:** Reach Out to Families Center and School-Based Clinic

**Description:** This program offers health education, medical treatment and medication. Only students in South Bay Unified School District who do not have medical insurance are eligible.

**Cost:** Free

**Languages Spoken:** English, Spanish, Serbian

**Regions Served:** South

**Kaiser Permanente**

**Contact:**  
Connie Zaragoza

**Phone:**  
(619) 641-4185

**Program:** Health Education Centers

**Description:** A variety of health education information and materials on asthma are offered. Call (619) 641-4194 for the next asthma education program.

**Cost:** Free to members

**Program:** Kaiser Permanente Healthphone

**Description:** Listen to recorded messages on more than 250 health topics. Call toll-free 24 hours a day: (800) 33-ASK-ME or (800) 332-7563. Asthma message number is 327.

**Cost:** Free

**Program:** KP Online

**Description:** Get general health information, request convenient services and personalized advice, or even join an online asthma discussion group. Sign on at [www.kponline.org](http://www.kponline.org) (search for asthma).

**Cost:** Free

**Languages:** English, Spanish, other languages available

**Regions Served:** All Regions

**La Maestra Family Clinic, Inc.**

**Contact:**  
Carmelita Preclaro, RN

**Phone:**  
(619) 584-1612

**Program:** Health Education and Promotion

**Description:** Provides written materials, individual health education, and referral to asthma programs and treatment services. Health promotion staff offer education in a variety of languages.

**Cost:** Free

**Languages Spoken:** English, Spanish, Somali, Sudanese, Vietnamese, Tagalog, Laotian, Iraqi, Nuer, Trigrinia, Arabic, Chaldean, Kurdish

**Regions Served:** Central

**Linda Vista Health Care Center**

**Contact:**  
Eileen Timmons, RN

**Phone:**  
(858) 279-0925

**Program:** Health Education and Promotion

**Description:** Provides educational booklets and videotapes on asthma. Health promotion staff offer education in a variety of languages.

**Cost:** Free

**Languages Spoken:** French, Hmong, Laotian, Spanish, Tagalog, Vietnamese

**Regions Served:** North Central

### Mid-City Community Clinic

**Contact:**  
Sarah Villavazo, RN,  
Director of Nursing

**Phone:**  
(619) 563-0507

**Program:** Health Education and Promotion

**Description:** Provides written materials, individual health education, and referral to asthma programs and treatment services. Health promotion staff offer education in a variety of languages.

**Cost:** Free

**Languages Spoken:**

**Regions Served:** Central

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### Naval Medical Center San Diego

**Contact:**  
Remy Pascual RN, BSN

**Phone:**  
(619) 532-8819

**Program:** Asthma Road Show

**Description:** Provides asthma education for parents and children at local military housing facilities.

**Cost:** Free to beneficiaries.

**Languages Spoken:** English (Tagalog and Spanish translation available).

**Regions Served:** All Regions

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### North County Health Services

**Contact:**  
Jamie Carrillo

**Phone:**  
(760) 736-6700

**Program:** Health Education and Promotion

**Description:** Health promotion staff distributes asthma education and resource brochures. Each patient receives one on one health education on triggers, medications, spacers, etc. and views an educational asthma video.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** North Coastal

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### Operation Samahan Health Clinic

**Contact:**  
Annie Hayag, MD  
or Josephine Lim MD

**Phone:**  
(619) 474-2284 or (858) 578-4417

**Program:** Health Education and Promotion

**Description:** Provides written materials, individual health education, and referral to asthma programs and treatment services. Health promotion staff offer education in a variety of languages.

**Cost:** Free

**Languages Spoken:** English, Laotian, Spanish, Tagalog

**Regions Served:** North Central, South

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### Parent Teacher Association, Ninth District

**Contact:**

**Phone:**  
(858)268-8077

**Program:**

**Description:** Provides information and education for parents, PTA members about asthma, including national PTA pamphlets and those from allied agencies. Advocates for legislation, at the local, state and national level, that will improve children's health, clean air and environment.

**Cost:** Free

**Languages Spoken:**

**Regions Served:** North Central

### San Diego American Indian Health Center

**Contact:**

Christina Cardena RN, PHN

**Phone:**

(619) 234-2158

**Program:** Health Education and Promotion

**Description:** Health promotion staff provides individual asthma education and resources to clinic patients.

**Cost:** Fees dependent upon eligibility

**Languages Spoken:** English and Spanish

**Regions Served:** Central

### San Diego Childhood Asthma Initiative

**Contact:**

Asthma Coordinator, San Diego Childhood Asthma Initiative

**Phone:**

(619) 297-3901 or (760) 761-4805

**Program:** Asthma Home Visits

**Description:** For children with asthma under age 5. Trained asthma educators provide services during home visits, including family education, environmental home assessment, provider-patient communication assistance, and referrals to community resources.

**Cost:** Free

**Languages Spoken:** English and Spanish

**Regions Served:** Limited areas

### San Diego Unified School District

**Contact:**

Rose Marie Lofgren

**Phone:**

(858) 627-7580

**Program:** San Diego Unified School District-Intervention Services Department

**Description:** Nurses refer parents of students with asthma to education programs at hospitals, community clinics, health plans or other community-based organizations.

**Cost:** Free

**Languages Spoken:** English, some bilingual (Spanish) nurses.

**Regions Served:** Central, North Central

### Scripps Mercy Hospital

**Contact:**

**Phone:**

(800) 727-4777

**Program:** Mercy Pediatric Clinic

**Description:** A physician referral is required. Asthma education with a pediatric nurse practitioner is scheduled on an individual basis, usually 30 to 60 minute sessions. The program includes education on asthma, allergies, environmental triggers, asthma action plan, medication and use of inhalers and devices.

**Cost:** Fee dependent on payer and service provided

**Languages Spoken:** English, translation in other languages is available

**Regions Served:** All Regions

### Sharp Center for Health Promotion

**Contact:**

**Phone:**  
(800) 82-SHARP or (800) 827-4277

**Program:** Asthma Management in Adults and Asthma Management in Children

**Description:** These programs are for children and adults who want to learn to monitor and control asthma. Topics include triggers and warning signs, self-monitoring tools and medications, and the importance of relaxation, diet and exercise in learning to live well with asthma.

**Cost:** Free to members, \$20 per person for non-members

**Languages Spoken:**

**Regions Served:** All Regions

### Spirit of Caring Mobile Health Care Clinic

**Contact:**

**Phone:**  
(619) 636-2825

**Program:** Spirit of Caring Mobile Health Care Clinic and Pharmacy

**Description:** This program offers primary care, health education, vaccinations for students in Chula Vista Elementary School District who do not have medical insurance. School nurses refer students to this program.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** South

### Vista Community Clinic

**Contact:**  
Fernando Sanudo

**Phone:**  
(760) 631-5000 Ext.1290

**Program:** Health Promotion Center

**Description:** Health promotion staff provides individual asthma education and resources to clinic patients.

**Cost:** Free

**Languages Spoken:**

**Regions Served:** North

### YMCA Childcare Resource Service Healthline

**Contact:**  
Susan Conrad RN or Tracy L. Ewton

**Phone:**  
(800) 908-8883

**Program:** Asthma Awareness in Preschools

**Description:** Provides handouts, educational videos and asthma presentations for parents of children in child care centers or family child care homes in San Diego County.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** All Regions

## Medications

*These agencies can provide:*

- ✓ Asthma medications and devices for patients with insurance and a current prescription
- ✓ Low cost or no cost medications and devices for patients without health benefits

### Children's Hospital and Health Center

**Contact:**  
Carrie Arii, RN

**Phone:**  
(858) 576-1700 Ext. 4214

**Program:** Children's Hospital Pharmacy

**Description:** Provides all medications, spacers, peak flow meters and nebulizers for asthma management with prescription and insurance approval. Mail and home delivery are also available.

**Cost:** Fees dependent on payer, most insurance accepted.

**Languages Spoken:** English, Spanish, other languages available

**Regions Served:** All Regions

### Imperial Beach Health Center

**Contact:**

**Phone:**  
(619) 429-3733

**Program:** Reach Out to Families Center and School-based Clinic

**Description:** This program offers health education, medical treatment and medication. Only students in South Bay Unified School District who do not have medical insurance are eligible. **Cost:** No fee for medications in stock (depending on availability) for patients of school clinic.

**Languages Spoken:** English, Spanish, Serbian

**Regions Served:** South

### La Maestra Family Clinic, Inc.

**Contact:**  
Monica De La Torre

**Phone:**  
(619) 584-1612 or (619) 501- 5360

**Program:** San Diego Childhood Asthma Initiative-Asthma Treatment Services

**Description:** For children with asthma ages 0-5 years old, medication and treatment for uninsured and under-insured children. Program only available in limited areas.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** Central

### Mid-City Community Clinic

**Contact:**  
Betty Mozo

**Phone:**  
(619) 563-0507

**Program:** San Diego Childhood Asthma Initiative-Asthma Treatment Services

**Description:** For children with asthma ages 0-5 years old, medication and treatment for uninsured and under-insured children. Program only available in limited areas.

**Cost:** Free

**Contact:**  
Georgina Crawford

**Phone:**  
(619) 563-0507

**Program:** California Asthma Among School-Aged (CAASA)

**Description:** For school-aged children with asthma, medication and treatment for uninsured and under-insured children.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** Central

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### Naval Medical Center San Diego

**Contact:**  
Remy Pascual RN, BSN

**Phone:**  
(619) 532-8819

**Program Information:** Naval Medical Center Pharmacy

**Description:** Medications per Naval Hospital formulary

**Cost:** Eligibility dependent upon enrollment status.

**Languages Spoken:** English (Tagalog and Spanish translation available).

**Regions Served:** All Regions

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### North County Health Services

**Contact:**  
Jamie Carrillo

**Phone:**  
(760) 736-6700

**Program:**

**Description:** Treatments include bronchodilators and preventative medication depending on severity.

**Cost:** Fees vary. Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:** English, Spanish

**Regions Served:** North

### Operation Samahan Health Clinic

**Contact:**  
Annie Hayag, MD  
or Josephine Lim, MD

**Phone:**  
(619) 474-2284 or (858) 578-4417

**Program:** San Diego Childhood Asthma Initiative-Asthma Treatment Services

**Description:** For children with asthma ages 0-5 years old, medication and treatment for uninsured and under-insured children. Program only available in limited areas.

**Cost:** Free

**Program:** Primary Care

**Description:** Provides asthma medications and devices for asthma management with prescription, depending on availability.

**Cost:** Fees vary. Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:** English, Laotian, Spanish, Tagalog

**Regions Served:** South, North Central

### San Diego Childhood Asthma Initiative

**Contact:**  
Project Coordinator,  
Asthma Treatment Services

**Phone:**  
(619) 542-4300

**Program Information:** Asthma Treatment Services

**Description:** For children with asthma ages 0-5 years old, medication and treatment for uninsured and under-insured children. Program only available in limited areas.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** East County, Mid-City, National City, North County

### San Diego Unified School District

**Contact:**  
Rose Marie Lofgren

**Phone:**  
(858) 627-7580

**Program:** San Diego Unified School District-Intervention Services Department

**Description:** Provides asthma management tools, i.e. donated peak flow meters, spacers, and ventolin inhalers, depending upon availability.

**Cost:** Free

**Languages Spoken:** English, some bilingual (Spanish) nurses.

**Regions Served:** Central, North Central

**Spirit of Caring Mobile Health Care Clinic**

**Contact:**

**Phone:**  
(619) 636-2825

**Program:** Spirit of Caring Mobile Health Care Clinic and Pharmacy

**Description:** This program offers primary care, health education and vaccinations for students in the Chula Vista Elementary School District who do not have medical insurance. School nurses refer students to this program.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** South

# Screening, Diagnosis, Treatment

*How these offices can help you:*

- ✓ Screening for lung health
- ✓ Diagnosis of asthma and other lung diseases
- ✓ Treatment and management of asthma

*Additional services which may be offered:*

- ✓ Comprehensive disease management
- ✓ New medication research and other clinical trials
- ✓ Referral for home visits

## Allergy and Asthma Medical Group and Research Center

**Contact:**

Michael Welch, MD

**Phone:**

(858) 292-1144

**Program:** Asthma Disease Management Program

**Description:** Provides comprehensive disease management for children with asthma. Call for information and eligibility criteria for participating in new medication research and other clinical trials.

**Cost:** Fees vary. Managed Care Medi-Cal and private insurance accepted.

**Languages Spoken:** English, Spanish

**Regions Served:** All Regions

## Allergy Associates Medical Group and Research Center

**Contact:**

Bruce Prenner, MD or John Pauls, MD

**Phone:**

(619) 229-2355

**Program:**

**Description:** Medical group includes allergy and immunology specialists. Call for information and eligibility criteria for participating in new medication research and other clinical trials.

**Cost:** Fees vary. Managed Care Medi-Cal and private insurance accepted.

**Languages Spoken:** English, Farsi, Spanish

**Regions Served:** All Regions

## Blue Cross of California, State Sponsored Programs

**Contact:**

Cathy Lurty

**Phone:**

(858) 522-6302

**Program:** Blue Cross of California, State Sponsored Programs

**Description:** Blue Cross of California Medi-Cal and Healthy Families members can receive diagnosis and treatment for asthma through their primary care physician or an allergy specialist. Specialists can be seen only with a referral from their primary care physician.

**Cost:** Fees vary

**Languages Spoken:** Blue Cross of California members may call (800) 407-4627 for help in a variety of languages. If a member needs assistance while in a doctor's office, translation is available.

**Regions Served:** All Regions

### **Children's Hospital and Health Center**

**Contact:**  
Carrie Aarii, RN

**Phone:**  
(858) 576-1700 Ext. 4214

**Program:** Children's Hospital Asthma/Allergy/Immunology Clinic

**Description:** Provides all aspects of medical screening, diagnosis, management, and monitoring for pediatric asthma and allergy.

**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:** English, Spanish, other languages available

**Regions Served:** All Regions

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### **Comprehensive Health Center**

**Contact:**  
Arlene Gerodias

**Phone:**  
(619) 231-9300 Ext. 3113

**Program:** Comprehensive Health Center Pediatric Department.

**Description:** Department will treat patients and coordinate any needed referrals.

**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:** English, Spanish, Tagalog

**Regions Served:** Central

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### **Family Health Centers of San Diego (Logan Heights Family Health Center)**

**Contact:**  
Janet Adamian

**Phone:**  
(619) 515-2361

**Program:** Pediatrics/Primary Care Services

**Description:** Family Health Centers of San Diego provides treatment services for children with asthma.

**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:** English, Spanish.

**Regions Served:** Central

**Imperial Beach Health Center****Contact:****Phone:**

(619) 429-3733

**Program:** Reach Out to Families Center and School-Based Clinic**Description:** This program offers health education, medical treatment and medication. Only students in South Bay Unified School District who do not have medical insurance are eligible.**Cost:** Free**Program:** Primary Care Services**Description:** Provides treatment services for children and adults with asthma.**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.**Languages Spoken:** English, Spanish, Serbian**Regions Served:** South**Indian Health Council, Inc****Contact:**

Public Health Nurse

**Phone:**

(760) 749-1410 Ext. 305

**Program:** Breathe Easy Program**Description:** Call for program information and for Asthma Breathe Easy Clinic hours.**Cost:** Fees dependent on eligibility.**Languages Spoken:****Region Served:** North**La Maestra Family Clinic****Contact:**

Carmelita Preclaro, R.N., Clinic Coordinator

**Phone:**

(619) 280-4213 Ext. 3034

**Program:** Primary Care Services**Description:** Individual case management and referral follow-up for clinic patients.**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.**Languages Spoken:** Arabic, Chaldean, English, Iraqi, Kurdish, Laotian, Nuer, Spanish, Somali, Sudanese, Tagalog, Trigrinia, Vietnamese**Regions Served:** Central**Linda Vista Health Care Center****Contact:****Phone:**

(858) 279-0925

**Program:** Primary Care Services**Description:** Provides treatment services for children and adults with asthma.**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.**Languages Spoken:** English, French, Laotian, Hmong, Spanish, Tagalog, Vietnamese**Regions Served:** North Central

### Mid-City Community Clinic

**Contact:**

Sarah Villavazo, R.N., Director of Nursing

**Phone:**

(619) 563-0507

**Program:** Primary Care Services

**Description:** Individual case management and referral follow-up for clinic patients.

**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:** English, Spanish, other languages

**Regions Served:** Central

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### Naval Medical Center San Diego

**Contact:**

Remy Pascual RN, BSN

**Phone:**

(619) 532-8819

**Program:** Clinical Coordinator for Pediatric Asthma

**Description:** A registered nurse (Pediatrics) coordinates asthma education, treatment and management throughout the Command and outlying clinics.

**Languages Spoken:** English (Spanish and Tagalog translation available)

**Regions Served:** All Regions

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### North County Health Services

**Contact:**

Jamie Carrillo

**Phone:**

(760) 736-6700

**Cost:** Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Program:** Primary Care Services

**Description:** Individual case management and referral follow-up for clinic patients. Each patient receives 3- and 6-month follow-ups depending on asthma severity.

**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:** English, Spanish

**Regions Served:** North Coastal, North Inland

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### Operation Samahan Health Clinic

**Contact:**

Annie Hayag, MD or Josephine Lim, MD

**Phone:**

(619) 474-2284 or (858) 578-4417

**Program:** Primary Care Services

**Description:** Individual case management and referral follow-up for clinic patients.

**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:** English, Laotian, Spanish, Tagalog

**Regions Served:** North Central, South

### Palomar Pomerado Health System

**Contact:**

**Phone:**  
(760) 739-3000 or (858) 613-4000

**Program:**

**Description:** Diagnosis and treatment of asthma are available at Palomar Medical Center and Pomerado Medical Center.

**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Program:** HealthSource (For screenings only)

**Description:** A check for lung capacity and general lung health by a respiratory technician. Registration is required. Please call (800) 628-2880.

**Cost:** \$4/Participant

**Languages Spoken:**

**Regions Served:** North Inland

### San Diego American Indian Health Center

**Contact:**

Christina Cardenas RN, PhD

**Phone:**  
(619) 234-0572

**Program:** Primary Care Services

**Description:** Provides treatment services for children and adults with asthma.

**Cost:** Fees dependent on eligibility.

**Languages Spoken:** English, Spanish

**Regions Served:** Central

### San Diego Childhood Asthma Initiative

**Contact:**

Project Director, Asthma Treatment Services

**Phone:**  
(619) 542-4300

**Program:** San Diego Childhood Asthma Initiative-Asthma Treatment Services

**Description:** For children with asthma ages 0-5 years old, medication and treatment for uninsured and under-insured children. Program only available in limited areas.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** East County, Mid-City, National City, North County

### Spirit of Caring Mobile Health Care Clinic

**Contact:**

**Phone:**  
(619) 636-2825

**Program:** Spirit of Caring Mobile Health Care Clinic and Pharmacy

**Description:** This program offers primary care, health education and vaccinations for students in the Chula Vista Elementary School District who do not have medical insurance. School nurses refer students to this program.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** South

### UCSD Clinical Trials Center

**Contact:**

**Phone:**

(888) UCSD AIR or (888) 827-3247

**Program:**

**Description:** The research center works with patient volunteers to test the safety and effectiveness of experimental medications or devices treating asthma and other lung diseases. There are new research projects occurring year-round. Those interested in becoming a candidate for a study should call (888) UCSD AIR to ask about a screening appointment.

**Cost:** Free, patients typically reimbursed for their time and involvement.

**Languages Spoken:**

**Regions Served:** All Regions

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### Vista Community Clinic

**Contact:**

Dorothy Lujan

**Phone:**

(760) 631-5000 Ext.1133

**Program:** Primary Care Services

**Description:** Individual case management and referral follow-up for clinic patients.

**Cost:** Fees vary. Managed Care Medi-Cal, Healthy Families, and private insurance accepted.

**Languages Spoken:**

**Regions Served:** North Coastal, North Inland

## Services Offered to Schools

*These agencies can provide:*

- ✓ Asthma and general health screenings for children
- ✓ Medicines, devices, and equipment for school nurses
- ✓ Education and support to students and families with asthma
- ✓ Assistance to families in applying for health insurance

### American Lung Association

**Contact:**

Environmental Health Coordinator

**Phone:**

(619) 297-3901

**Program:** EPA's Indoor Air Quality Tools for Schools Program

**Description:** This resource includes hands-on materials schools can use to prevent and/or manage existing air quality problems. The kit includes checklists, a step-by-step guide, facts on indoor air pollution sources, problem solving wheel, and a training video.

**Contact:**

Coordinator, Pediatric Asthma Programs

**Phone:**

(619) 297-3901

**Cost:** Free

**Program:** Open Airways for Schools

**Description:** A 6-session class for students with asthma. Each lesson is 45 minutes long and can be scheduled any time during the school day.

**Cost:** Free

**Languages Spoken:** English, Spanish (some materials)

**Regions Served:** All Regions

### Imperial Beach Health Center

**Contact:**

**Phone:**

(619) 429-3733

**Program:** Reach Out to Families Center and School-based Clinic

**Description:** This program offers health education, medical treatment and medication. Only students in South Bay Unified School District who do not have medical insurance are eligible.

**Cost:** No Fee for medications in stock (depending on availability) for patients of school clinic.

**Languages Spoken:** English, Spanish, Serbian

**Regions Served:** South

### Linda Vista Health Care Center

**Contact:**

**Phone:**

(858) 279-0925

**Program:**

**Description:** School-Based Clinic on campus of Twain Jr./Sr. High School provides health education and medical treatment.

**Languages Spoken:** French, Hmong, Laotian, Spanish, Tagalog, Vietnamese

**Regions Served:** North Central

### Mid-City Community Clinic

**Contact:**  
**Phone:**  
(619) 563-0507

**Program:**

**Description:** School Based Clinics at Rosa Parks Elementary and Monroe Clark Jr. High provide health education and medical treatment.

**Languages Spoken:**

**Regions Served:** Central

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### San Diego Unified School District

**Contact:**  
Rose Marie Lofgren

**Phone:**  
(858) 627-7580

**Program:** San Diego Unified School District-Intervention Services Department

**Description:** Nurses provide education, monitoring, treatment, and referrals for students with asthma. In some instances, families are involved in case management and educational components.

**Cost:** Free

**Languages Spoken:** English, some bilingual (Spanish) nurses.

**Regions Served:** Central, North Central

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### Spirit of Caring Mobile Health Care Clinic

**Contact:**  
**Phone:**  
(619) 636-2825

**Program:** Spirit of Caring Mobile Health Care Clinic and Pharmacy

**Description:** This program offers primary care, health education, vaccinations for students in Chula Vista Elementary School District who do not have medical insurance. School nurses refer students to this program.

**Cost:** Free

**Languages Spoken:** English, Spanish

**Regions Served:** South

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### UCSD Division of Community Pediatrics and School Health

**Contact:**  
Elaine Pizzola

**Phone:**  
(619) 681-0647

**Program:** HATS Program

**Description:** Provides school-site outreach workers to help families with asthmatic school children to apply for health insurance.

**Cost:** Free

**Contact:**  
BJ Williston

**Phone:**  
(619) 681-0657

**Program:** CATCH Program

**Description:** Provides education and materials to physical education teachers about asthma and exercise.

**Cost:** Free

**Languages Spoken:** Spanish, French, English

**Regions Served:** Central, North Central

# Camps

*These camps:*

- ✓ Are for school age children
- ✓ Provide 24 hour medical care for asthma
- ✓ Teach children how to better manage their asthma

## American Lung Association

**Contact:**

Coordinator, Pediatric Asthma Programs

**Phone:**

(619) 297-3901

**Program:** SCAMP Camp

**Description:** A weeklong residential summer camp program in the mountains near Julian for children ages 8 to 13 with moderate to severe asthma.

**Cost:** \$25 to \$250, based on a sliding scale.

**Languages Spoken:** English, Spanish

**Regions Served:** All Regions

## San Diego Unified School District

**Contact:**

Rose Marie Lofgren

**Phone:**

(858) 627-7580

**Program Information:** 6th Grade Camp

**Description:** All 6th grade students, including those with asthma, attend Camp Palomar. Nurses provide twenty-four hour medical care, nebulization and emergency care.

**Cost:** This camp is free as part of the SDUSD integration program.

**Languages Spoken:** English, some bilingual (Spanish) nurses.

**Regions Served:** Central, North Central



# Asthma Resources



# County of San Diego, Health and Human Services Agency

Regional Centers  
Programs and Communities Served

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## CENTRAL

### Central Regional Center

1255 Imperial Ave., Suite 864  
San Diego, CA 92101

(619) 338-2888

#### Programs/Services Offered:

Administration  
Black Infant Health  
Children's Services  
Community Services  
Eligibility & Employment Services  
Public Health Services  
Veterans Service Office

#### Communities Served:

College Grove, Downtown, East San Diego, Encanto,  
Golden Hills/Southeast, Hillcrest/Mission Hills, Naval  
Medical Center, Normal Heights/Kensington, North Park,  
Paradise Hills, Pier Area

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## NORTH COASTAL & NORTH INLAND

### North Coastal Regional Center

1320 Union Plaza Ct.  
Oceanside, CA 92054

(760) 754-3499

#### Programs/Services Offered:

Black Infant Health  
Children's Services  
Employment Services  
Family Resource Centers  
Mental Health Services  
Public Health Services

#### Communities Served:

Agua Caliente, Anza, Bonsall, Borrego, Camp Pendleton, Cardiff,  
Carlsbad, Del Mar, Encinitas, Escondido, Fallbrook, Imperial,  
Julian, Leucadia, North Palomar, Oceanside, Pala, Palomar,  
Pauma Valley, Poway, Rainbow, Ramona, Ranchita, Rancho  
Bernardo, Rancho Penasquitos, Rancho Santa Fe, San Luis  
Rey, San Marcos, Santa Ysabel, Solana Beach, San Clemente,  
San Onofre, Temecula, Valley Center, Vista, Warner Springs

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### North Inland Regional Center

600 East Valley Pkwy.  
Escondido, CA 92025

(760) 740-4181

## EAST

### East Regional Center

7065 Broadway, Suite 200  
Lemon Grove, CA 91945

(619) 668-3990

#### Programs/Services Offered:

El Cajon Family Resource Center  
Lemon Grove Family Resource Center  
East Region Children's Services  
East Region Public Health Center  
HHSA Child Care Section

#### Communities Served:

Alpine, Boulevard, Campo, Descanso, Dulzura, El Cajon, Guatay,  
Jacumba, Jamul, La Mesa, Lakeside, Lemon Grove, Mt.  
Laguna, Pine Valley, Potrero, Santee, Spring Valley and Tecate

**NORTH CENTRAL**

**North Central Regional Center**

6950 Levant St.  
San Diego, CA 92111  
(858) 694-5790

**Programs/Services Offered:**

Child Abuse Hotline  
Child Protective Services  
County Medical Services (CMS)  
Family Violence Project  
Foster Care Recruitment/Licensing  
Hospital Outstation Services  
Mental Health Clinic  
Office of Ombudsman  
Polinsky Children's Center/Emergency Shelter Care  
Public Health Center

**Communities Served:**

Bay Park, Clairemont, Del Cerro, Grantville, Kearny, La Jolla, Linda Vista, Marine Corps Recruiting Depot, Mira Mesa, Miramar, Mission Valley, Mission Village, Morena, Navajo, Naval Training Center, North City West, Ocean Beach, Old Town, Pacific/Mission Beach, Point Loma, San Carlos, Scripps Miramar Ranch, Serra Mesa, Sorrento Valley, Tierrasanta, University City

**SOUTH**

**South Regional Center**

690 Oxford St.  
Chula vista, CA 91911  
(619) 409-3302

**Programs/Services Offered:**

Family Resource Center  
Public Health Center  
County Child Care Resource Services  
Childrens Services  
Maximus  
Information, Assessment and Referral (IAR) Program  
County Medical Services (CMS)  
California Children Services (CCS)  
Office of Violence Prevention (OVP)

**Communities Served:**

Bonita, Chula Vista, Coronado, Imperial Beach, National City, Naval Amphibious Base, Nestor, North Island Naval Air Station, San Ysidro

# Health Insurance Resource and Referral List

## FOR CHILDREN

### **San Diego Kids Health Assurance Network (SD-KHAN)**

1-800-675-2229 (press #2)

Children in California, regardless of family income, are eligible for health insurance coverage. The best source for referrals is San Diego Kids Health Assurance Network. They provide information on Medi-Cal, Healthy Families, and many other programs that are set up to provide health care coverage to children. Services are free and available in several languages.

## FOR ADULTS AND CHILDREN

### **Center for Health Education and Advocacy**

619-744-0935 or 1-877-734-3258

The Center for Health Education and Advocacy assists people in determining what types of health benefits they may be able to access. The center has information on all government and military programs, information about low-cost medical insurance programs, and coverage for people with pre-existing conditions. Services are free.

### **Reach Out Project**

619-299-3122 or 858-467-1893

The Reach Out Project is a referral program linking the uninsured with medical care. Physicians provide discounted services in exchange for cash payments.

## FOR SENIORS AND DISABLED

Medicare provides coverage for the majority of people age 65 and over, and people with certain disabilities. People experiencing problems with their coverage should first try to resolve the issue with their health care provider and/or Medicare.

### **Health Insurance Counseling and Advocacy Program (HICAP)**

858-565-8772

The Health Insurance Counseling and Advocacy Program assists seniors and those who are disabled in choosing Medicare managed-care plans, supplemental insurance (Medi-gap), and long-term care plans. They help ensure that patients receive the benefits they are entitled to, and will assist with claims. The services are funded through the California Department on Aging and are free to clients.

## COMMUNITY CLINICS (FOR ALL)

### **Council of Community Clinics**

619-265-2100

Community health centers located in many neighborhoods provide medical care on a sliding scale basis. Call the Council of Community Clinics to locate a community health center near you or to ask questions about clinic services.

# Childcare Referral Resources

## **YMCA Childcare Resource and Referral Service**

### **YMCA Childcare Referral Toll Free Hotline**

1(800) 481-2151 (San Diego County)

This service helps families locate childcare in San Diego County, and assists parents in becoming knowledgeable consumers on what to look for in finding childcare for their children.

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## **WIC Services in San Diego County**

Contact one of San Diego's local WIC programs for more information:

### **SDSU Foundation**

1(888) 999-6897

### **North County Health Services**

1(888) 477-6333

### **San Ysidro Health Center**

(619) 426-7966

### **Scripps Mercy Hospital**

(619) 260-7054

### **American Red Cross**

1(800) 500-6411

WIC is a supplemental nutrition program for women, infants and children. WIC provides services to pregnant mothers, breastfeeding women up to one year, non-breast-feeding women up to six months postpartum, infants and children under the age of 5. WIC provides vouchers for nutritious food, nutrition classes and counseling, breastfeeding support, and community referrals.

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## **INFOLINE for Services in San Diego County**

### **Central/East/South**

(619) 230-0997

### **North Coastal**

(760) 943-0997

### **North Inland**

(760) 740-0997

### **Outlying Areas**

1(800) 227-0997

INFOLINE is a community & social services information referral system. United Way's InfoLine provides information and referrals for local community, health, and social service agencies. Operators are available Monday to Friday, 8 a.m.–5 p.m.

# Smoking Cessation Resources

This page contains a partial listing of tobacco cessation programs in San Diego County. The cost and times of programs may change without notice. Many programs are conducted in more than one location. The County of San Diego, Health and Human Services Agency does not endorse or recommend any program listed. Investigate your choice carefully. Call before attending any program.

## **American Lung Association**

2750 Fourth Avenue, San Diego, CA 92103  
(619) 297-3901  
Provides *the Freedom from Smoking* information packet at no charge, its workbook for \$10, and the *In-Control* video program for \$125  
Call for information

## **County of San Diego Health and Human Services Agency**

1-800-660-7537  
Self-help materials and referrals to cessation programs; No charge

## **Naval Hospital, San Diego**

Health Promotion  
34800 Bob Wilson Drive  
San Diego, CA 92134-5000  
(619) 532-7647  
For eligible military and beneficiaries only  
Call for eligibility; No charge

## **Nicotine Anonymous Information Line**

(619) 682-7092  
12-step self-help program  
Open to everyone; call for further information

## **Nicotine Recovery Institute**

106 Thorn Street  
San Diego, CA 92103  
Countywide locations  
(858) 277-2772  
Provides teen programs  
\$400, Call for information

## **Positive Choice**

Kaiser Permanente  
7035 Convoy Court  
San Diego, CA 92111  
(858) 573-0090  
For persons 18 years of age and older  
\$160 members, \$200 non-members

## **Second Breath**

Sharp Center for Health Promotion  
3571 Corporate Court, Bldg. E, Suite D  
San Diego, CA 92123  
(858) 627-5340  
Small group classes  
Call for fees, times and locations  
Teens are welcome

## **San Diego State University Health Promotion**

Student Health Services  
5564 Hardy Avenue  
San Diego, CA 92182  
(619) 594-4133  
One-on-one counseling  
San Diego State University students only  
No charge

## **Smoke Stoppers of San Diego**

3699 Park Boulevard  
San Diego, CA 92103  
(619) 296-8700  
\$229 for one-week program (5-day advanced registration); \$269 otherwise  
Stop smoking or pay nothing  
Lifetime guarantee - come back, tuition free  
Teens are welcome

## **Smokenders**

P.O. Box 22664  
San Diego, CA 92192  
(858) 455-5321  
\$129 for self-study materials  
Call for times and locations  
Teens are welcome

**For referrals to various programs throughout the county, or for telephone counseling, call the California Smokers' Helpline**



English: 1-800-NO BUTTS  
Español: 1-800-45 NO FUME  
Mandarin & Cantonese: 1-800-400-0866  
Vietnamese: 1-800-778-8440  
Korean: 1-800-556-5564  
Hearing impaired: 1-800-933-4833  
Teens 1-800-NO BUTTS  
Chew/Dip 1-800-844-CHEW  
No charge

## Additional Resources

### BOOKS

#### ***Allergy Environment Guidebook***

1989, Bachman, Judy L, PhD.

Order from Graphics Press  
606 S. 6th St., Klamath Falls, OR 97601  
(800) 241-3441.

A practical guide to help the allergic person create an allergen-free environment. Extensive mold, pollen and dust information; sections on home remodeling and decorating. (out of print, limited quantities)

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#### ***The American Lung Association's Family Guide to Asthma and Allergies***

1997, The American Lung Association  
Asthma Advisory Group with Norman H.  
Edelman, MD.

Order from Little, Brown and Company  
(800) 759-0190.

Shows adults and families how to manage asthma and allergies and lead an active, healthy life. Provides information on treatment options and medications. Available at most bookstores.

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#### ***Asthma Guide for People of All Ages***

1999, Plaut, Thomas F., MD.

Order from Pedipress, Inc., 125 Red  
Gate Lane, Amherst, MA 01002.  
(800) 611-6081.

Comprehensive, accurate, and current guide for people who want to understand and control their asthma. Includes complete discussion of the basics of asthma and the medicines used to treat it. Addresses asthma issues faced in the school, the family and in travel. Available at most bookstores.

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#### ***The Asthma Sourcebook***

1998, Francis V., MD.

Order from NTC Contemporary  
Publishing, 2020 Avenue of the Stars,  
Suite 300, Los Angeles, CA 90067.  
(800) 323-4900, Extension 147.

Comprehensive and straightforward guidebook containing recent advances in medicine, alternative medicine, and lists of other resources. Available at most bookstores.

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#### ***Children with Asthma: A Manual for Parents***

1998, Plaut, Thomas F., MD.

Order from Pedipress, Inc.  
125 Red Gate Lane, Amherst, MA 01002  
(800) 611-6081.

A comprehensive, easy-to-understand book about the basics of asthma, emphasizing the importance of parent education. Contains sections on infants, children and teenagers. Has informative first-person stories parents can relate to. Available at most bookstores.

***Guide to Your Child's Allergies and Asthma***

2000, Welch, Michael J., MD.

Sponsored and produced by the American Academy of Pediatrics (AAP). Order from AAP Publications at [www.aap.org](http://www.aap.org).

(888) 227-1770

Up-to-the-minute advice from pediatricians on how to identify allergies and asthma, prevent attacks, minimize triggers and avoid allergens, understand and choose medications, explain allergies to young children, and help children of all ages manage symptoms. Available at most bookstores.

**MAGAZINES*****Allergy & Asthma Health***

Signature Publications, P.O. Box 29729, Dallas, TX 75229-0729.

Call (800) 878-4403 to subscribe.

Published quarterly, subscriptions \$12.95/year.

Official publication of Allergy Asthma Network/Mothers of Asthmatics, Inc. Wide range of informative articles about allergy and asthma care.

***Asthma: Strategies for Taking Control***

Lifelong Publications, 55 Chapel Street, Newton, MA 0215 8.

Call (800) 527-3284 to subscribe.

Published bi-monthly, subscriptions: \$19.95/year.

An informative, consumer friendly magazine about optimal asthma management. Also provides summaries of the latest research on asthma and allergies, including an American Lung Association page. A limited number of free copies are available by calling the local Lung Association office 1-800-LUNG-USA.

***Coping with Allergies & Asthma***

Media America, Inc., PO Box 6882268 Franklin, Tennessee 37068-2268.

Call (615) 791-3859 to subscribe.

Bi-monthly publication, subscriptions: \$17 for one year (6 issues) and \$31 for 2 years (12 issues).

Addresses many allergy and asthma problems. It also offers a section entitled LAB LANGUAGE, a glossary that teaches the reader about medical terms used for allergies and asthma.

# Local Environmental Resources

To learn more about environmental health, contact the following organizations.

## **American Lung Association**

For information and referral on environmental control in homes, offices, and schools. Materials are available on allergy and asthma control, indoor and outdoor air pollution, lung hazards at work, pest control, second-hand smoke, and wood burning. Spanish-speaking staff available.

(619) 297-3901  
[www.lungsandiego.org](http://www.lungsandiego.org)

## **Environmental Health Coalition**

For information and referral on environmental health. Also provides education and training on how to fight toxic pollution, protect public health and promote environmental justice. Spanish-speaking staff available.

(619) 235-0281  
[www.environmentalhealth.org](http://www.environmentalhealth.org)

## **County of San Diego, Environmental Health Services**

For general info only—no inspections

(619) 338-2222

## **County of San Diego, Vector Control**

To control rodents and sewer cockroaches

(858) 694-2888

## **County Office of Education, Risk Management**

To report indoor and outdoor environmental concerns on County school sites outside San Diego.

(858) 569-5320

## **San Diego Air Pollution Control District**

For up-to-date air quality information and forecasts

(858) 650-4707

If you have an air pollution complaint

(858) 650-4550  
[www.sdapcd.co.san-diego.ca.us/](http://www.sdapcd.co.san-diego.ca.us/)

## **San Diego City Housing Code Compliance**

Complaint Intake Line

(619) 236-5500

## **San Diego City Schools, Risk Management**

To report indoor and outdoor environmental concerns on San Diego City school sites.

(858) 627-7350

# National Environmental Resources

To learn more about environmental health, contact the following organizations.

## U.S. Environmental Protection Agency

Visit the websites or call EPA Hotlines for assistance with your questions about environmental issues.

### Environmental Justice Hotline

1(800) 962-6215

email:

[environmental-justice-epa@epa.gov](mailto:environmental-justice-epa@epa.gov)

Established to receive calls from concerned citizens about justice issues in their communities, the purpose of the Hotline is to make information easily accessible to the public and to the media, and to assist in the resolution of environmental justice issues. The Hotline is answered by staff of the Office of Environmental Justice. A procedure has been established to ensure thorough follow-up. A brochure describing the Hotline (in both English and Spanish) is available. <http://www.epa.gov/compliance/notfound/oeca.html>

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### Indoor Air Quality Information Clearinghouse (IAQINFO)

1(800) 438-4318

email: [iaqinfo@aol.com](mailto:iaqinfo@aol.com)

The IAQ INFO provides access to public information on indoor environments through a range of services including: an operator-assisted hotline; distribution of relevant EPA publications at no charge; literature searches on a topic for further reference; referrals to appropriate government agencies, research, public interest, and industry representatives; and information about training courses and materials. <http://epa.gov/iaq/iaqinfo.html>

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### National Hispanic Indoor Air Quality Hotline

1(800) SALUD-12, 1(800) 725-8312  
(Spanish/English)

email: [webmaster.oar-internet@epa.gov](mailto:webmaster.oar-internet@epa.gov)

The National Hispanic Indoor Air Quality Hotline provides bilingual (Spanish/English) information about indoor air pollutants that consumers may find inside their homes, offices or schools. <http://www.epa.gov/iaq/iaqinfo.html#NHIAQ%20hotline>

## National Asthma Organizations

**\*Allergy and Asthma Network-Mothers of Asthmatics, Inc. (AAN-MA)**

3554 Chain Bridge Road, Suite 210,  
Fairfax, VA 22030.

1(800) 878-4403, (703) 385-4403.

Dedicated to providing a link between the home, school, physician, and pharmaceutical industry in order to help families cope with asthma. Publishes the MA Report, a monthly newsletter full of useful information and advice for parents of asthmatics. Also publishes other educational materials. Membership is \$25 per year. <http://www.aanma.org/>

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**\*American Academy of Allergy Asthma and Immunology (AAAAI)**

611 E. Wells Street  
Milwaukee, WI 53202.

1(800) 882-ASTHMA, (414) 272-6071  
(publication orders).

The largest national medical society representing allergists, immunologists, and related allied health professionals. It maintains a speakers' bureau and produces a variety of patient education materials. Pediatric Asthma: Promoting Best Practice (The Pediatric Guidelines) can be ordered from this site. <http://www.aaaai.org>

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**\*American College of Allergy Asthma and Immunology (ACAAI)**

85 West Algonquin Road,  
Suite 550  
Arlington Heights, IL 60005

1(800) 842-7777, (708) 427-1200.

Represents practicing allergists, educators, researchers, and clinical immunologists and offers patient education materials and a list of board-certified allergists. <http://allergy.mcg.edu>

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**\*American Lung Association (ALA) /American Thoracic Society (ATS)**

1740 Broadway New York, NY 10019

1(800) LUNG-USA.

Offers asthma education services through its national network of more than 200 local and state offices. They provide publications, support groups, community-based and school asthma programs and camps. The ATS is the medical section of the ALA and provides clinically oriented information for practitioners. <http://www.lungusa.org>

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**\*Asthma & Allergy Foundation of America (AAFA)**

1717 Massachusetts Avenue,  
Suite 305, Washington, DC.

1(800) 7-ASTHMA.

A nonprofit organization which sponsors continuing education and has a newsletter, audio-visuals and educational pamphlets available to the public. The AAFA maintains a clearinghouse of educational materials for patients, as well as training programs for allied health professionals. A free packet of information may be obtained by calling the number above. Membership is \$25 per year. <http://www.aafa.org>

**\*Food Allergy Network.**

4744 Holly Avenue,  
Fairfax, VA 22030-5647

1(800) 929-4040, (703) 691-3179

A non-profit organization offering information and educational materials on food allergies. Call for a free resource list. Publishes the "Food Allergy Newsletter" (Membership \$25.00/yr). <http://www.foodallergy.org>

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**\*Medic Alert.**

1(800) 432-5378

Membership service (\$15/yr; first year \$35) provides engraved necklaces and bracelets for emergency medical information (medical conditions, allergies, medications, special needs), plus linkage to a 24 hr. emergency Hotline providing computerized personal medical information. <http://www.medicalert.org>

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**\*National Heart, Lung, and Blood Institute (NHLBI):**

National Asthma Education Program  
P.O. Box 30105  
Bethesda, MD 20824-0105.

Call the NHLBI Info Center at  
(301)251-1222 to order materials.

A program of the National Institutes of Health which developed the Standards for the Diagnosis and Management of Asthma and supports the dissemination of these guidelines to health care providers. Also provides extensive free information to the public. <http://www.nhlbi.nih.gov>

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**\*National Jewish Center for Immunology and Respiratory Medicine.**

1400 Jackson Street Denver, CO 80206  
1(800)344-5864, (303) 388-4461.

This nonsectarian medical center offers patient education materials and provides an information service called the "Lung Line." The "Lung Line" is staffed from 8:00 a.m. to 5:00 p.m. (Mountain Time) by registered nurses specializing in respiratory and immune system disorders. Also operates residential treatment programs for persons with severe lung disease and sponsors research. <http://www.njc.org>

## Internet Sites

### **\*Asthma.about.com**

Features daily updates on research, extensive links to asthma and related conditions, asthma essentials and how-to's.

[www.asthma.about.com](http://www.asthma.about.com)

### **\*Asthma Information Center.**

One of the largest resources for asthma on the net. It is intended for professional as well as for patients and parents of children with asthma. This site also provides many links to asthma research and favorite sites for patients. Multi-language capabilities including Spanish.

<http://cooke.gsf.de/asthmainfocenter/home.cfm>

### **\*Asthma Moms.**

Provides updated information on asthma: background and statistics, air quality forecasts, asthma triggers & allergies, air pollution (indoor & outdoor), mold (removal & guidelines), medications, asthma at school, asthma and sports, asthma camps, medical literature, statistics, guidelines, asthma maps, doctors and hospitals, traveling, holidays, asthma organizations. Links to asthma information Spanish are available.

<http://www.asthamamoms.com/>

### **\*The Foundation for Better Healthcare.**

A general information web site with facts, frequently asked questions, and links to other asthma resources.

<http://www.fbhc.org/Patients/BetterHealth/Asthma/home.html>

### **\*Intelihealth**

Consumer friendly health information; team with Harvard School of Medicine to review content. Offers reviews of latest medical research and a personal asthma diary/tracking tool.

[www.intelihealth.com](http://www.intelihealth.com)

### **\*Mediconsult.**

Asthma Medical Information. A medical web site oriented towards patients. Includes medical information, educational materials, drug information and much more.

<http://www.mediconsult.com/asthma>

### **\*SchoolAsthmaAllergy.com.**

A valuable resource which provides accurate, current and useful tools and information to empower all those caring for school-aged children with asthma and allergies.

[www.SchoolAsthmaAllergy.com](http://www.SchoolAsthmaAllergy.com)