

Services Provided

- Asthma Education
- COPD Education
- Smoking Cessation Counselling
- Medication management of asthma and COPD

Our Team

In partnership with your family doctor include:

- Certified Respiratory Educators
- Family Practice Nurses
- Nurse Practitioner
- Pharmacist



For professional information about *Breath for Life*, please contact:

Catherine Harrison
Nurse Practitioner

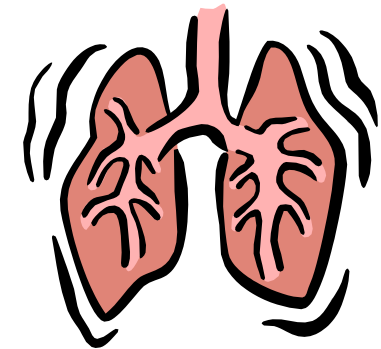
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or
e-mail charrison2@cvh.on.ca

Or visit our website:
www.cvfht.ca

Breath for Life Program

General Information
for our patients with
Asthma or COPD



Accessing Our Services

Your family doctor can refer you to the Credit Valley Family Health Team – *Breath for Life*.

Please contact us at: (905) 813-3850

CREDIT • VALLEY

Family Health Team

PRISME
Optimal management
of chronic diseases

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An initiative of **gsk** GlaxoSmithKline

What is Asthma?

Asthma is a long term disease that affects the air passages in the lungs. Air passages are tiny breathing tubes that carry air in and out of the lungs. People who suffer from asthma have very sensitive air passages, especially when they are exposed to things they are allergic to.

Asthma Education

Consists of two sessions that are one hour long and include:

- Individual counselling
- Information on asthma
- Early and late signs/symptoms
- Asthma triggers and how to avoid them
- Medication and inhaler use
- Individualized action plan and asthma diary
- Breathing test (spirometry)
- Follow up as required

What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a term used to describe diseases that cause the airways of the lungs to be inflamed and become “obstructed” or blocked.

COPD includes two major breathing diseases:

- Chronic bronchitis
- Emphysema



COPD Education

This program promotes self management and improves quality of life.

You will learn:

- What COPD is and how it affects your lungs
- Smoking cessation counselling
- What your medications are and how to use them correctly
- How to use an Action Plan
- How to conserve your energy
- The importance of regular exercise and how to exercise safely

Smoking Cessation Counselling

We offer:

- Individual counselling to help you quit smoking
- Friendly, supportive atmosphere
- Spirometry testing to test your lung function