

# TOOLS FOR BETTER BREATHING

Ask Your Doctor for an **ASTHMA TOOLKIT** Today!

The Colorado Asthma Toolkit helps you and your doctor  
**better manage your asthma.**

"Asthma affects any age. We both have asthma and live in rural Colorado where the wind blows, and it can be very dusty at times. The Asthma Toolkit program will teach you about your inhalers, how to use them, and why you need them. It can be a life saver."

*-Ann Barton*

Sterling resident and nurse **Ann Barton** and  
her grandson **Ty** stroll on the Rainbow Bridge  
with the Colorado Asthma toolkit



Colorado Department  
of Public Health  
and Environment

**This program is for people with  
asthma living in Colorado.**

*This program is sponsored by the Cancer, Cardiovascular  
Disease and Pulmonary Disease Grants Program at the  
Colorado Department of Public Health and Environment.*





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“There are people who really love to farm and they have to fight this asthma all the time. I think it's great all the time and energy being put into this type of research and help for people in rural Colorado. If this is your job and livelihood, you want to try and find a way to help your allergies and asthma.”

*-Dan Babcock*

Ft. Morgan resident **Dan Babcock** on the Bender Ranch with the Colorado Asthma toolkit



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“My love for the game of basketball reminds me not to let asthma hold me back. Fortunately, it has not stopped me from achieving my goals of playing college basketball.

With the help of doctors and the right medication, I have been able to compete at the highest level.

Go Buffs!”

*-Whitney Houston*

Sophomore Guard,  
CU Women's Basketball Team



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“Colorado has one of the highest asthma rates of any state in the country. But with proper diagnosis and treatment, people with asthma can lead active, healthy lifestyles. I should know -- I have asthma. I ride my bicycle and exercise several times a week. Having asthma doesn't mean you can't be physically fit; you just have to manage it. Your doctor can help.”

*-Colorado Governor Bill Ritter*

Colorado Governor **Bill Ritter** trains with students from the Kunsberg Elementary School located on the National Jewish Campus



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“Asthma is a frightening experience for any parent. However, three years after Tanner's diagnosis, he plays football and baseball, he golfs and he swims. He has a healthy, wonderful childhood, and the key to it has been following the protocol suggested by his doctors to control his asthma.”

*-Kim Christiansen*

9News anchor **Kim Christiansen** with her son Tanner



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*The Asthma*  
**TOOLKIT**  
Tools for Better Breathing







# 1 IN 6

**PEOPLE IN  
EASTERN  
COLORADO HAVE  
ASTHMA.**

**Do you have it?  
You can control it.**

**GET YOUR FREE ASTHMA TOOLKIT TODAY. | Talk to your doctor.**







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# NO ALIBI.

12,000 people  
in eastern Colorado  
have asthma.

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# TRIGGERS

**POLLEN, SMOKE  
& DUST ARE  
COMMON  
TRIGGERS OF  
ASTHMA.**

# ASTHMA

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