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.

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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



Colorado Department of Public Health and Environment

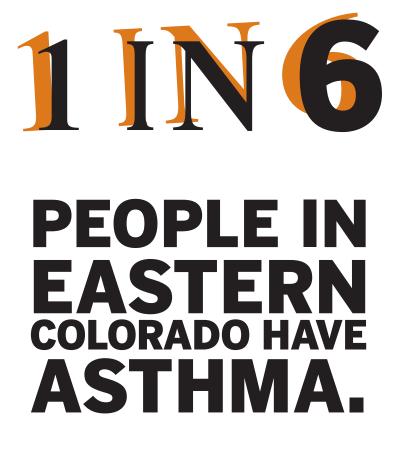
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Do YOU have it? You **Can** control it.





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12,000 people in eastern Colorado have asthma.

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

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POLLEN, SMOKE & DUST ARE COMMON TRIGGERS OF ASTHMA.

the state

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