

## Where can I get more information?

**Community Pediatric Asthma Service**  
[www.ucalgary.ca/icancontrolasthma.ca](http://www.ucalgary.ca/icancontrolasthma.ca)

**Alberta Quits Helpline**  
1-866-710-QUIT (7848)  
[www.albertaquits.ca](http://www.albertaquits.ca)

**Alberta Health Services**  
[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

**Alberta Lung Association**  
[www.ab.lung.ca](http://www.ab.lung.ca)

**Asthma Society of Canada**  
[www.asthma.ca](http://www.asthma.ca)

**Breathworks**  
Toll Free Line: 1-866-717-COPD (2073)

**Government of Canada**  
[www.gosmokefree.com](http://www.gosmokefree.com)

**Global Initiative for COPD**  
[www.goldcopd.org](http://www.goldcopd.org)

## Are there any other programs?

**Living Well with a Chronic Condition**  
(403) 9-HEALTH (943-2584)

**Pediatric Asthma Programs:**  
**Alberta Children's Hospital Asthma Clinic**  
(403) 955-7328

**Community Pediatric Asthma Service**  
(403) 943-9139

# Calgary COPD & Asthma Program

## For more information or to make an appointment:

Phone: (403) 944-8742  
Fax: (403) 283-3406  
[www.ucalgary.ca/asthma](http://www.ucalgary.ca/asthma)

My doctor is:

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My Respiratory Educator is:

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## Breathe Well... Live Well

**A Comprehensive Adult Program  
providing Services for:**

- Asthma
- COPD
- Smokers at Risk
- Chronic Cough

**Vision: Dedicated to Respiratory  
Care, Education & Research**



Calgary COPD & Asthma Program



Alberta Health  
Services

[www.ucalgary.ca/asthma](http://www.ucalgary.ca/asthma)

# Asthma

## What is asthma?

- A chronic inflammatory lung disease that causes the airways to tighten too quickly and too much
- This obstruction of the airways can be reversed with medication
- Tightening of the airways can be caused by many different triggers including animal dander, housedust, pollens and exercise
- Asthma usually lasts a lifetime, but can be variable

## What are the symptoms?

- Shortness of breath
- Cough
- Wheeze
- Tight feeling in the chest

## What does asthma control mean?

- Doing normal, every day activities without any problem
- Sleeping through the night
- Using reliever medication two or less times a week (except before exercise)
- Having few, if any, acute asthma attacks

## Is asthma common?

- In Canada, 1 in every 10 people has asthma
- Asthma can be controlled

# Chronic Cough

## What is chronic cough?

- It is a cough that lasts for more than 4 weeks
- It is one of the most common reasons people visit their family doctor
- It can affect your sleep, cause urinary incontinence (uncontrolled passing of urine), chest pain, or dizziness, and interfere with things you do every day, like talking on the phone

## What causes constant coughing?

- Most causes are non-life threatening conditions such as post-nasal drip, asthma, gastroesophageal reflux, or smoker's cough
- Very rarely is it related to more serious conditions such as lung cancer or tuberculosis

# Tobacco Reduction

## Why quit smoking?

Smoking can cause:

- cancer of the lungs, bladder, kidneys, mouth, esophagus
- COPD (chronic obstructive pulmonary disease)
- high blood pressure, increase risk of heart attack and stroke, as well as many other diseases

## What are the benefits to me when I quit smoking?

- 20 minutes: blood pressure and heart rate drop
- 8 hours: carbon monoxide levels drop to normal, oxygen levels increase
- 48 hours: chances of having heart attack decrease, sense of taste and smell begin to improve
- 1 to 9 months: coughing, shortness of breath decreases
- 5 years: stroke risk is reduced to that of a nonsmoker
- 10 years: risk of dying from lung cancer is reduced to half that of someone who still smokes

## How do I quit?

- Nicotine is very addictive and quitting can be a tough process. Help is available
- Counselling with a healthcare professional combined with smoking cessation medication will greatly increase your chances of quitting

***Quitting smoking is the single most important thing you can do for your health.***

## What does CCAP (Calgary COPD & Asthma Program) offer?

- A comprehensive program to improve care and teach self-management to adults with asthma, COPD (bronchitis, emphysema) chronic cough, and smokers at risk (all at no cost)
- Education offered one-on-one or in a group setting

## Where can I go?

- Community sites
- Family doctor offices
- Workplace
- Inpatient
- Outpatient (Specialty clinics):
  - Foothills Medical Centre
  - Peter Lougheed General Hospital
  - Rockyview General Hospital

# COPD

## What is chronic obstructive pulmonary disease (COPD)?

- A disease that causes airways to become inflamed and become obstructed
- It is the leading cause of disability and death in Canada
- The most common form of COPD is a combination of chronic bronchitis and emphysema (loss of lung tissue)

## What causes COPD?

- COPD is almost always caused by cigarette smoking
- It may also be caused by exposure to occupational chemical fumes and rocks/metallic dusts
- If you smoke, quitting is the only way to stop the COPD from getting worse

## What are the symptoms?

- Shortness of breath
- Cough
- Wheeze
- Increased sputum (phlegm)

## What can be done to manage COPD?

- Stop smoking
- Use medications
- Exercise regularly
- Prevent and treat infections early
- Get vaccinated for influenza and pneumonia
- Eat a healthy diet
- Follow your action plan

## How do I get an appointment?

- Your family doctor can refer:
  - for breathing tests and education with a certified respiratory educator
  - for lung specialist assessment
- Emergency Department staff can refer to the program
- Self-referral for a visit with an educator, which includes breathing tests and education

## What happens at a visit?

- Breathing tests (spirometry)
- Education about:
  - disease process
  - environmental triggers and avoidance strategies
  - medications
  - review of inhaler technique
  - action plan
  - smoking cessation (if appropriate)