

Asthma: Resource List

Books for Children

Ages 4 to 8

- *Asthma*; by Angela Royston; Heinemann Library, 2004
- *Brianna Breathes Easy: A Story About Asthma*; by Virginia Kroll; Albert Whitman, 2005
- *How to Deal With Asthma*; by Lynette Robbins; PowerKids Press, 2009
- *I Have Asthma*; by Jennifer Moore-Mallinos; Barron's Educational Series, 2007
- *I'm Tougher Than Asthma!*; by Alden R. Carter and Siri M. Carter; Albert Whitman & Co, 1996
- *Taking Asthma to Camp: A Fictional Story About Asthma Camp*; by Kim Gosselin; JayJo Books, 1998
- *Taking Asthma to School*; by Kim Gosselin; JayJo Books, 1998
- *The Lion Who Had Asthma*; by Jonathan London, Nadine Bernard Westcott (illustrator); A. Whitman & Co., 1997
- *Why Is It So Hard to Breathe? A First Look at Asthma*; by Pat Thomas; Barron's Educational Series, 2008

Ages 8 to 12

- *Allergies, Asthma, and Exercise*; by Celeste Peters; Raintree Steck-Vaughn, 2000
- *Asthma*; by Alvin and Virginia Silverstein and Laura Silverstein Nunn; Watts, 2003
- *Asthma and Allergy Action Plan for Kids*; by Kate Kelly; Fireside, 2004
- *Living with Asthma*; by Shirley Wimbish Gray; Child's World, 2003
- *Living With Asthma*; by Margaret Hyde; Walker, 2000
- *Relieve the Squeeze: How to Take Control of Your Asthma*; by Peggy Strauss; Viking, 2000
- *You Can Control Asthma: A Book for Kids*, 2nd rev. ed.; by Asthma and Allergy Foundation of America; 1998
- *What Does It Mean to Have Asthma?*; by Louise Spilsbury; Heinemann Library, 2002

- *Why Is It So Hard To Breathe?* By Pat Thomas; Barrons Educational, 2008

Young Adult

- *Asthma: the Ultimate Teen Guide*; by Penny Hutchins Paquette; Scarecrow Press, 2003
- *Asthma*; by Alissa Greenberg; Franklin Watts, 2000
- *Breathe Easy! A Teen's Guide to Allergies and Asthma*; by Jean Ford; Mason Crest Publ, 2005
- *Living With Asthma (Teen Guides)*; by William Berger, Facts on File, 2008

Books for Adults

- *American Academy of Pediatrics Guide to Your Child's Allergies and Asthma: Breathing Easy and Bring Up Healthy Active Children*; Villard Books, 2000
- *Asthma and Allergy Action Plan for Kids: a Complete Program to Help Your Child Live a Full and Active Life*; by Kate Kelly and Allen Dozor; Fireside, 2004
- *Asthma for Dummies*; by William Berger and Jackie Joyner-Kersee; For Dummies Press, 2004
- *Asthma Sourcebook*; by Francis Adams, McGraw Hill, 2007
- *Caring for a Child with Asthma: What You Really Need to Know*; by Robert Buckman; Lehar-Friedman Books, 2000
- *Complete Kid's Allergy and Asthma Guide and Asthma Information for Children of All Ages*; by Milton Gold; Robert Rose, 2003
- *The Children's Hospital of Philadelphia Guide to Asthma: How to Help Your Child Live a Healthier Life*; by Julian Allen (ed); Wiley, 2004
- *Harvard Medical School Guide to Taking Control of Asthma*; by Christopher Fanta; Free Press, 2003
- *When Your Child Has Asthma*; by Peter Van Asperen; Simon & Schuster, 2008

Other Resources

American Academy of Allergy, Asthma, & Immunology

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Milwaukee, WI 53202

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<http://www.aaaai.org>

Asthma and Allergy Foundation of America (AAFA)
1233 20th Street, NW, Suite 402
Washington, D.C. 20036
202-466-7643
<http://www.aafa.org>

American Lung Association
1740 Broadway, NY 10019
1-800-LUNG-USA (1-800-586-4872)
<http://www.lungusa.org>

National Library of Medicine
8600 Rockville Pike
Bethesda, MD 20894
<http://www.nlm.nih.gov/medlineplus/asthma.html>

National Heart, Lung and Blood Institute
(301) 251-1222
<http://www.nhlbi.nih.gov/health/public/lung/index.htm>

National Jewish Medical and Research Center
1400 Jackson St.
Denver, CO
1-800-222-LUNG
<http://www.njc.org>

Mothers of Asthmatics, Inc. (monthly newsletter)
10875 Maine Street, Suite 210
Fairfax, Virginia 22030

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