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Take A Deep Breath – If You Can!

IN URBAN LOS ANGELES, one in seven school age children has asthma.

Many kids don't know they have it. Neither do their parents. A lingering cough that keeps them up at night, shortness of breath when they run or play – nothing serious, right?

Wrong! Unrecognized, undiagnosed, and untreated asthma can lead to severe attacks and is costing all of us... through missed work to care for a sick child, absent school children, costly ER visits and hospitalizations, and most importantly, our future – children who cannot realize their full potential.

The good news is that we know how to treat childhood asthma! Although it is a chronic disease of the bronchial tubes that has no cure, virtually all childhood asthma can be controlled. Prevention and treatment can lead to normal, active, and symptom-free lives.

QueensCare pediatricians identify and oversee treatment plans for children with asthma. Our

PADM, Pediatric Asthma Disease Management Program, utilizes Community Health Workers and Promotoras (lay health workers) to educate kids and parents about asthma and how they can help manage it. They do this in ways such as home visits to show parents how to modify the living environment and reduce problems that trigger attacks. Additionally, QueensCare Health & Faith Partnership Parish Nurses provide assistance in parishes and neighborhood locations.

Since the effort to control childhood asthma must be community-wide, QueensCare works closely with other Los Angeles healthcare providers such as the LAC+USC Breathmobile, the Immunology and Allergy Division of Childrens Hospital, and school nurses in the LAUSD.

As a vital part of an integrated healthcare system, QueensCare's PADM is helping to change the lives of children with asthma. We are helping to make it possible to say to kids, "Take a deep breath – yes you can!"

As a faith-based organization, QueensCare strives to provide, directly and with others, accessible healthcare for the uninsured and low-income individuals and families living in Los Angeles County.