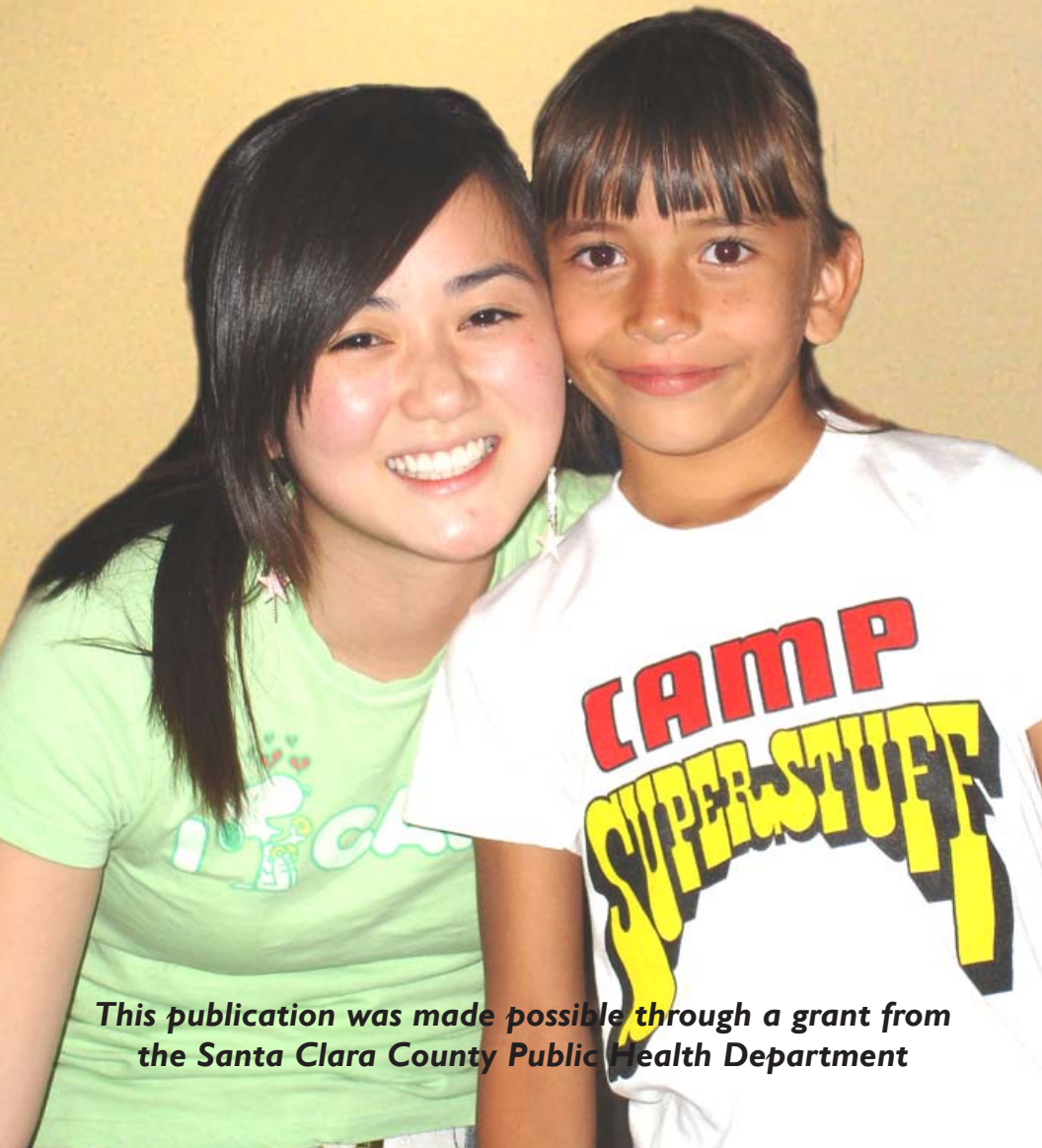




**BREATHE**  
CALIFORNIA

*Santa Clara County*  
**Asthma Resource Guide**



*This publication was made possible through a grant from  
the Santa Clara County Public Health Department*



# Foreword

*A disturbing cough breaking the silence of the night*

*A child who can't catch his breath after  
a lunchtime game at school*

*Parents who frantically struggle to attend  
to their child gasping for air*

While it may be hard for many of us to fully grasp the panic and fear of these situations, each day more Americans are experiencing first-hand how devastating asthma can be. Asthma is a chronic lung disease which can cause shortness of breath, chest pains, persistent coughs and even death. The disease has been growing in epidemic-like proportions over the past two decades. It currently afflicts more than 20 million Americans, and according to a recent survey, perhaps as many as 1 in 5 California children. Furthermore, asthma is responsible for half-a-million hospitalizations, 12 million doctor visits and \$16 billion in health care costs in the U.S. annually.

Yet, in spite of the tremendous impact that asthma can have on our children and loved ones, we are making significant progress in easing the burden it causes. Extensive research has led medical professionals to gain a greater understanding of asthma. Better treatment options have been developed and doctors have been able to prescribe more effective asthma medications and management plans. Numerous community-based agencies and organizations are committed to helping asthma sufferers combat their disease. We have the means to control the effects of asthma here in Santa Clara County.



# Introduction

In this publication, we connect you with the many valuable resources that can help asthma patients enjoy a higher quality of life. Organized into nine chapters, the guide lists resources that are of common use to families and individuals who must confront the disease on a regular basis. These include many of Breathe California's own programs as well as numerous other organizations, healthcare providers, individuals, classes and services that offer key support to asthma patients in the county.

While this book included up-to-date information at the time of publication, new and innovative programs are continually being offered throughout our community. I invite you to call us at (408) 998-5865 or visit our website at [www.lungsrus.org](http://www.lungsrus.org) to find out the latest about what Breathe California and other groups are offering for asthma patients and their loved ones. As the local Clean Air and Healthy Lungs People, we remain committed to fighting lung disease in all of its forms and I truly hope the information in this book will help you in your drive to breathe easier and live healthier!



A handwritten signature in cursive script that reads "Lulla".

**Sulochina "Jyothi" Lulla, MD**  
Asthma and Allergy Specialist  
Kaiser Permanente - Santa Clara

President, Board of Directors  
Breathe California of the Bay Area



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# Asthma Specialists

*Medical professionals are key to diagnosing asthma, prescribing medications and teaching patients asthma management strategies. They also offer critical care when a patient is suffering from a number of difficulties surrounding their disease.*

*As asthma rates have risen over the past 20 years, a number of doctors have begun to specialize in asthma, allergy and/or pulmonary medicine. These doctors can offer expertise to their patients on a number of asthma related-issues. Asthma specialists are also better equipped to treat and manage especially severe cases.*

*In this section, local asthma specialists are divided into two categories: 1) those who work as part of a group practice or healthcare clinic; and 2) those who work independently.*



# ASTHMA SPECIALISTS

## GROUP PRACTICES/CLINICS

### **Allergy and Asthma Associates of Northern California**

[www.allergycare.com](http://www.allergycare.com)

4050 Moorpark Ave.  
San Jose, CA 95117  
408-243-2700

393 Blossom Hill Rd., Suite 315  
San Jose, CA 95123  
408-281-7400

285 South Dr., Suite 1  
Mountain View, CA 94040  
650-210-9292

9360 No Name Uno, Suite 140  
Gilroy, CA 95020  
408-848-1800

Specialists: Arthur Biedermann, MD; Alan Goldsobel, MD;  
Jeffery L. Kishivama, MD; Toby Levenson, MD;  
Robert Tarrano, MD; James Wolfe, MD

### **Camino Medical Group**

201 Old San Francisco Rd.  
Sunnyvale, CA 94086  
408-739-6000  
[www.caminomedicalgroup.org](http://www.caminomedicalgroup.org)

Specialists: Alan Chausow, MD; Apruva Marfatia, MD;  
Micheal J. Mulligan, MD; Steven Rubinstein, MD

### **Forest Ave. Medical Group**

2100 Forest Ave., Suite 104,  
San Jose, CA 95128  
408-292-2552

Specialist: Thomas J. Maguire, MD





# ASTHMA SPECIALISTS

## **Kaiser Santa Clara Medical Offices** *(Kaiser patients only)*

900 Kiely Blvd.  
Santa Clara, CA 95051  
408-236-6446

Specialists: Sulochia Lulla, MD; Priti Singh, MD; David Goya, MD;  
Thomas M. Dailey, MD; Bic Phuong Nguyen, MD

Also serving:

### ***Kaiser Milpitas Offices***

770 East Calaveras Blvd.  
Milpitas, CA 95035  
408-945-2650

### ***Kaiser Mountain View Offices***

555 Castro St.  
Mountain View, CA 94041  
650-903-3000

## **Kaiser Santa Teresa Medical Offices** *(Kaiser patients only)*

260 International Circle  
San Jose, CA 95119  
408-972-3380

Specialists: James Orłowski, MD; Edita G. Bacal, MD;  
Laura Butcher, MD; Aleksandra Bokszczanin-Knosala, MD

Also serving:

### ***Kaiser Gilroy Medical Offices***

7520 Arroyo Circle  
Gilroy, CA 95020  
408-848-4095



# ASTHMA SPECIALISTS

## **Palo Alto Medical Foundation**

795 El Camino Real  
Palo Alto, CA 94301  
650-321-4121

Specialists: Robert Bocian, MD; David Fisher, MD; Peter Maguire, MD

## **San Jose Medical Group**

625 Lincoln Ave.  
San Jose, CA 95126  
408-278-3600

Specialists: Clayton Feldman, MD; Hailen Mak, MD

## **Santa Clara County Asthma and Allergy Specialists**

2505 Samaritan Dr. #407	Hospital Dr., Building 10
San Jose, CA 95124	Mountain View, CA 94040
408-358-1771	650-966-8201

408-286-1072 (Chinese Hotline)  
[www.wheezeandsneeze.com](http://www.wheezeandsneeze.com)

Specialists: Theodore Chu, MD; Anlin Xu, MD; John Kellogg, MD

## **South Bay Children's Medical Center**

15495 Los Gatos Blvd., Suite #F  
Los Gatos, CA 95032  
408-356-8412  
[www.sbcmc.com](http://www.sbcmc.com)

Specialist: Richard Fox, MD



# ASTHMA SPECIALISTS

## South Bay Respiratory Associates

65 N. 14th St  
San Jose, CA 95112  
408-279-1400

Specialists: Sydney C. Choslovsky, MD; Donald Wroblewski, MD

## Valley Health Center at Bascom

750 S. Bascom Ave., Suite 200D  
San Jose, CA 95128  
408-885-5445

Specialists: Rami Keisari, MD; Jacqueline O'Leary, MD;  
Emily Chu, MD; Maria Villanueva, NP; Leila Lim, RN

Also serving:

### ***Tully Clinic***

500 Tully Rd.  
San Jose, CA 95111

### ***San Martin Clinic***

90 Highland Ave.  
San Martin, CA 95046

## Welch Peter Allergy Group

1101 Welch Rd., Suite A2  
Palo Alto, CA 94304  
650-322-3847

Specialists: Anita Carmen Choy, MD; Irene T McPherrin, MD



# ASTHMA SPECIALISTS

## INDIVIDUAL PRACTICES

### **Robert Ang, MD**

500 E. Remington Dr. #18  
Sunnyvale, CA 94087  
408-730-5858

### **Joann Blessing-Moore, MD**

780 Welch Rd., Suite 204  
Palo Alto, CA 94304  
650-688-8480

### **Emiro Burbano, MD**

2112 McKee Rd., Suite B  
San Jose, CA 95116  
408-258-5864

### **Donald W. Burt, MD**

9360 No Name Uno, Suite 120  
Gilroy, CA 95020  
408-374-2878

### **Tony Chen, MD**

10430 De Anza Blvd. #220  
Cupertino, CA 95014  
408-257-8860

### **Deborah Freehling, MD**

2204 Grant Rd. #102  
Mountain View, CA 94040  
650-969-2270

### **George Green, MD**

9460 No Name Uno, # 110  
Gilroy, CA 95020  
408-842-4466

### **Desmond Gunatilaka, MD**

393 Blossom Hill Rd. #260-B  
San Jose, CA 95123  
408-281-0900

### **Alan Heller, MD**

2039 Forest Ave. #204  
San Jose, CA 95128  
408-297-6030

### **Felicidad Lao-Domingo, MD**

700 W. 6th St., Suite 1,  
Gilroy, CA 95020  
831-636-1211



# ASTHMA SPECIALISTS

## **Andrew Lozano, MD**

2680 S. White Rd., Suite 270  
San Jose, CA 95148  
408-238-4477

2505 Samaritan Dr., Suite 606  
San Jose, CA 95124  
408-358-3774

9460 No Name Uno, Suite 110  
Gilroy, CA 95020  
408-842-6373

16130 Juan Hernandez Dr., Suite 110  
Morgan Hill, CA 95037  
408-778-3113

## **Neema Malhotra, MD**

1113 S. Park Victoria Dr.  
Milpitas, CA 95035  
408-945-0300

## **Fred Mansubi, MD**

2577 Samaritan Dr. #860  
San Jose, CA 95124  
408-358-2627

## **William McKee, MD**

300 Homer Ave.  
Palo Alto, CA 94301  
650-321-4121

## **Harish Murthy, MD**

9460 No Name Uno  
Gilroy, CA 95020  
408-848-8794

## **Richard J. Trevino, MD**

280 N. Jackson Ave. #C  
San Jose, CA 95116  
408-926-5300

## **Sheldon Zitman, MD**

20555 Prospect Rd.  
Cupertino, CA 95014  
408-996-9339



# Community Clinics

*Due to asthma's severity, it is critically important that all people suffering from the disease have a medical "home" for regular preventive care. However, due to rising healthcare costs, it is becoming increasingly difficult for local residents (especially low-income families and individuals) to ensure that they receive the medical attention they need.*



*Fortunately, our county is home to a number of both public and private community clinics which offer free to low-cost health care to those in financial need. These clinics are staffed with nurses and doctors who can assist you with all of your health needs, including asthma. Each of the clinics listed in this section charge their patients on a sliding scale determined by each patient's financial situation. As a result, these community clinics help ensure that all asthma patients, regardless of their financial situation, can receive important healthcare without crippling them financially.*



# COMMUNITY CLINICS

## **Asian Americans for Community Involvement Clinic**

2400 Moorpark Ave., Suite 300  
San Jose, CA 95128  
408-975-2730  
<http://www.aaci.org>

## **Foothill Family Community Clinic**

2448 Story Rd.  
San Jose, CA 95122  
408-729-4282

## **Gardner Family Health Network, Inc.**

55 E. Julian St.  
San Jose, CA 95112  
408-918-2600

Gardner Family Health Network is a non-profit organization serving Santa Clara County through six community health centers. Each site offers comprehensive medical, dental, optometry, pharmacy, nutrition, health education, family planning and prenatal services.

### ***Alviso Health Center***

1621 Gold St.  
Alviso, CA 95002  
408-935-3900

### ***CompreCare Health Center***

3030 Alum Rock Ave.  
San Jose, CA 95127  
408-259-2972

### ***Gardner Health Center***

195 E. Virginia St.  
San Jose, CA 95112  
408-998-2264

### ***Gardner South County Health***

700 W. 6th St., #F.  
Gilroy, CA 95020  
408-846-6755

### ***Healthcare for Homeless***

1621 Gold St.  
Alviso, CA 95002  
408-935-3900

### ***St. James Health Center***

55 E. Julian St.  
San Jose, CA 95112  
408-278-7790



# COMMUNITY CLINICS

## Indian Health Center of Santa Clara Valley

1333 Meridian Ave.  
San Jose, CA 95125  
408-445-3400  
<http://www.indianhealthsanjose.org/>

## Santa Clara County Health & Hospital System Clinics

408-885-5000

Santa Clara Valley Medical Center provides healthcare services in the community through a network of nine neighborhood health centers. Valley Health Centers provide comprehensive primary care services including family practice, geriatrics, internal medicine, obstetrics and gynecology, pediatrics, radiology, pharmacy, health education, nutrition and social services.

### **Bascom**

750 S. Bascom Ave.  
San Jose, CA 95128

### **Chaboya**

2410 Senter Rd.  
San Jose, CA 95111

### **East Valley**

1993 McKee Rd.  
San Jose, CA 95116

### **Fair Oaks**

660 S. Fair Oaks Ave.  
Sunnyvale, CA 94086

### **Lenzen**

976 Lenzen Ave., Suite 1800  
San Jose, CA 95126

### **Moorpark**

2400 Moorpark Ave.  
San Jose, CA 95128

### **San Martin**

90 Highland Ave.  
San Martin, CA 95046

### **Silver Creek**

1620 East Capitol Expwy.  
San Jose, CA 95121

### **Tully**

500 Tully Rd.  
San Jose, CA 95111





# Respiratory Equipment

*Even with the advancements in medical care and treatments, asthma can sometimes have a tremendous physical impact on its victims. Certain medical equipment can make a huge difference in helping a patient endure and recover from extremely severe episodes.*

*In this section, we list a number of companies and organizations which can help you get medical equipment, such as nebulizers. In addition to Breathe California's free equipment provision program, we have listed a number of companies which offer a range of equipment services, including sale, rental, delivery and/or set-up.*



# RESPIRATORY EQUIPMENT

## **AAYS Rental and Sales**

598 E. Santa Clara Ave. #100  
San Jose, CA 95112  
408-295-1309

AAYS has been serving Santa Clara County for over 30 years. They sell and deliver nebulizers as well as rent other medical equipment. AAYS accepts both Medicare and Medi-Cal.

## **AdvantaCare**

3273 Mathilda Ave.  
Sunnyvale, CA 94086  
1-800-481-4662

AdvantaCare has been serving the Bay Area since 1973. They rent, sell and deliver a number of pieces of equipment to your doorstep. Clients are also welcome to call one of their technicians, respiratory therapists or pharmacists 24 hours a day. They accept Medicare, Medi-cal and most private insurances.

## **Apria Healthcare**

2040 Corporate Ct.  
San Jose, CA 95131  
408-383-4400

Apria Healthcare sells and mails a variety of medical equipment to local patients. Apria accepts private insurance in most cases as well as Medicare and Medical in certain instances.



# RESPIRATORY EQUIPMENT

## **Benton Medical**

2601 Garcia Ave.  
Mountain View, CA 94043  
650-813-9300

Benton Medical is a family owned and operated business that rents and sells many types of respiratory equipment. The business accepts many types of insurance and most deliveries are accompanied by a medical technician which will ensure proper set-up of your equipment.

## **Bischoff's Medical Supplies**

225 N. Bascom Ave.  
San Jose, CA 95128  
408-486-6651

Bischoff's sells a variety of medical equipment, including nebulizers. Having served the Bay Area since 1931, the business offers service on all of their products. Certain forms of insurance are accepted.

## **Breathe California of the Bay Area**

1469 Park Ave.  
San Jose, CA 95126  
408-998-5865  
[www.lungsrus.org](http://www.lungsrus.org)

Breathe California's equipment provision program provides free donated respiratory equipment to needy local residents. Patients can request equipment by calling the agency's office. When the agency receives equipment which matches a patient's criteria, the patient is contacted to arrange a time to pick up the machine. Individuals must produce a copy of a physician's prescription for the equipment at the time of pick-up.

# Financial Assistance

*Asthma not only takes a physical toll on its patients, it can also take a financial toll. Those without health insurance often have to pay an exorbitant amount to receive basic care. Even those with insurance can easily be drained as medical costs add up or when afflicted by a major need, such as a hospitalization. In all, asthmatic patients and families can often find themselves in financial hardship.*

*Fortunately, a number of organizations offer financial assistance to help individuals meet their healthcare needs. From free/low-cost healthcare to general assistance, these organizations can help ensure that needy patients receive the medical care they need to keep their asthma under control. In addition, because there are no local medication discounters, we have listed numerous national programs offered directly from pharmaceutical manufacturers which are available to eligible Santa Clara County residents.*



# FINANCIAL ASSISTANCE

## LOW/NO-COST HEALTH INSURANCE

### **Children's Health Initiative**

770 S. Bascom Ave.  
San Jose, CA 95128  
1-888-248-5222

The Children's Health Initiative offers assistance to individuals as they apply for health insurance through the Medi-Cal, Healthy Families and/or Healthy Kids programs (see next listings). CHI hosts a hotline where callers can ask questions about these various programs and obtain help during the enrollment process. In addition, CHI has helped facilitate numerous Certified Application Assistance Sites where individuals can receive in-person assistance as they navigate the public health insurance system.

Below is a list of CHI's primary Certified Application Assistance Sites. Individuals should contact CHI or the individual site prior to visiting for current hours and to ensure they still offer assistance.

#### ***CompreCare Health Center***

3030 Alum Rock Ave.  
San Jose, CA 95127  
408-259-8400

#### ***Franklin McKinley Clinic***

646 Wool Creek Dr.  
San Jose, CA 95112  
408-283-6051

#### ***Gardner Health Center***

195 E. Virginia St.  
San Jose, CA 95110  
408-998-2264

#### ***Gardner South County***

700 W. 6th St.  
Gilroy, CA 95020  
408-846-6755

#### ***Health Trust Programs Office***

1701-A S. Bascom Ave.  
San Jose, CA 95008  
408-961-9896

#### ***Indian Health Center***

1333 Meridian Ave.  
San Jose, CA 95125  
408-445-3400

*Continued on Page 16*

# FINANCIAL ASSISTANCE

## Children's Health Initiative...

(continued from page 15)

### **SCFHP Family Resource Center**

1460 S. White Rd.  
San Jose, CA 95127  
408-254-5980

### **Santa Clara County Social Service Agency Offices**

1919 Senter Rd.  
San Jose, CA 95112  
408-271-5500

100 Moffett Blvd.  
Mountain View, CA 94043  
650-988-6100

190 Leavesley Rd  
Gilroy, CA 95020  
408-846-3900

### **Valley Health Centers**

408-885-5000

Financial Counselors, who are also Certified Application Assistors, are located at the following Valley Health locations:

#### *Bascom*

750 S. Bascom Ave.  
San Jose, CA 95128

#### *East Valley*

1993 McKee Rd.  
San Jose, CA 95116

#### *Fair Oaks*

660 South Fair Oaks Ave.  
Sunnyvale, CA 94086

#### *Lenzen*

976 Lenzen Ave.  
San Jose, CA 95126

#### *Moorpark*

2400 Moorpark Ave.  
San Jose, CA 95128

#### *San Martin*

90 Highland Ave.  
San Martin, CA 95046

There are also numerous other CHI certified application assistance sites spread throughout the county. To find a location close to you, contact CHI's main help number at 1-888-248-5222.



# FINANCIAL ASSISTANCE

## Healthy Families Program

PO Box 138005

Sacramento, CA 95813

1-800-880-5305

<http://www.healthyfamilies.ca.gov>

Hours: Mon - Fri, 8 am to 8 pm; Sat, 8 am to 5 pm

The Healthy Families Program offers low-cost insurance for children and teens up to age 19 who do not qualify for Medi-Cal. It provides health, dental and vision coverage to children who meet the program rules and do not qualify for Medi-Cal. Individuals can apply or find more information by calling one of the toll-free numbers above. Individuals can also receive in-person assistance by contacting a Certified Application Assistance Site (see ***Children's Health Initiative*** on page 15 or call 1-888-747-1222).

## Healthy Kids Program

### Santa Clara Family Health Plan

210 E Hacienda Ave.

Campbell, CA 95008

408-376-2000

1-800-260-2055

[www.scfhp.com](http://www.scfhp.com)

The Healthy Kids Program offers low-cost comprehensive medical, dental and vision insurance for uninsured Santa Clara County children under 19 years old. The children must not be eligible for Medi-Cal or the Healthy Families program and certain family-income guidelines apply. The program does not take into consideration the immigration status of applicants. Families can apply by calling the Family Health Plan's toll-free line. Individuals can also receive in-person assistance by contacting a Certified Application Assistance Site (see ***Children's Health Initiative*** on page 15 or call 1-800-260-2055).

# FINANCIAL ASSISTANCE

## **Medi-Cal and CalWORKs Santa Clara County Social Services Agency**

*Assistance Application Center*

1919 Senter Rd.

San Jose, CA 95112

408-271-5500

*North County Office*

100 Moffett Blvd.

Mountain View, CA 94043

650-988-6100

*South County Office*

190 Leavesley Rd

Gilroy, CA 95020

408-846-3900

### ***Medi-Cal***

Medi-Cal is a combined federal and state program that offers free or low-cost health insurance for low-income parents, children or pregnant women. Medi-Cal provides access to not only basic healthcare services, but also hearing, vision, dental, mental health and substance abuse services. To qualify, individuals must be California residents and U.S. citizens/nationals. Certain legal immigrants may be eligible.

### ***Cal-Works***

CalWORKs is a program that helps families with children become self-sufficient through temporary financial aid and assistance to find and keep a job. Part of the federal Temporary Assistance to Needy Families (TANF) program, CalWORKs provides a number of services to eligible families, including cash aid, child care and job search guidance. When receiving CalWORKs aid, the family also receives Medi-Cal and may be eligible for Food Stamp benefits.





# FINANCIAL ASSISTANCE

## OTHER FINANCIAL ASSISTANCE

**California Department of Social Services  
Santa Clara County General Assistance (GA) Program**  
591 N. King Rd.  
San Jose, CA 95133  
408-928-3650

Each county in California has a program to assist its low-income residents who are not eligible for cash assistance from other State and/or Federal programs. Santa Clara County's General Assistance GA Program provides monthly payments (considered a loan) to eligible persons who have no other means of support.

**Council on Aging of Santa Clara County  
Health Insurance Counseling and Advocacy Program**  
2115 The Alameda  
San Jose, CA 95126  
408-296-8290  
[www.careaccess.org](http://www.careaccess.org)  
Hours: Mon - Fri, 8:30 am to 5 pm (Holidays Closed)

The Council on Aging seeks to improve the lives of older and disabled county residents and help them remain in their chosen homes and communities. As part of this effort, the group administers public assistance and social service programs including MediCal and/or food stamps to eligible seniors. In particular, the HICAP program helps seniors learn about and navigate various health insurance options.

# FINANCIAL ASSISTANCE

## Salvation Army of Santa Clara County

359 N. 4th St.

San Jose, CA 95112

408-282-1165

3090 Homestead Rd. (English)

Santa Clara, CA 95051

408-247-4588

1161 S. Bernardo Avenue

Sunnyvale, CA 94087

408-720-0420

3090 Homestead Rd. (Korean)

Santa Clara, CA 95051

408-244-3411

The Salvation Army is a religious and social services organization dedicated to helping those in need. With four locations in our county, the organization offers a number of services, including emergency financial assistance, food, rental, shelter, family counseling, transitional housing and more.

## Social Security Administration

280 S. 1st St. #244

San Jose, CA 95113

408-292-8900

1214 Oakmead Pkwy. #B

Sunnyvale, CA 94086

408-291-5600

8120 Westwood Dr.

Gilroy, CA 95020

408-842-5676

400 Cambridge Ave.

Palo Alto, CA 94306

408-325-4318

2726 Aborn Rd.

San Jose, CA 95121

408-291-4197

5750 Santa Teresa Blvd.

San Jose, CA 95123

408-629-7900

The Social Security Administration is responsible for distributing various forms of federal aid including Medicare - the federal health insurance program for individuals over 65. The agency also manages federal retirement benefits as well as a number of other programs which distributes financial aid to those suffering from disability or financial hardship. For eligibility requirements or to apply, contact one of the local field offices listed above.



# FINANCIAL ASSISTANCE

## **Veterans Administration**

Santa Clara County Veterans Services Office

1650-A Los Plumas Ave.

San Jose, CA 95133

408-928-3838

Hours: Mon - Thurs, 1 pm to 4 pm; Fri, 9 am to Noon

The Veterans Administrations offers a number of services for those who served in the armed forces including free medical care, financial assistance and counseling. Family members may also be eligible for these services.

## **DISCOUNT MEDICATIONS**

### **AstraZeneca Foundation**

#### **Patient Assistance Program**

1-800-236-9933

Hours: Mon - Fri, 5 am to 4 pm (excluding holidays)

<http://www.astrazeneca-us.com/content/drugAssistance/>

The AstraZeneca Foundation's Patient Assistance Program was created in 1978 to provide AstraZeneca medications free of charge to low-income patients who do not have prescription coverage, do not qualify for government-funded programs and do not have the means to pay for the medications themselves. Patients enroll annually, and if approved, receive free medication delivered right to their door. Uninsured patients of all ages who are US citizens with an annual income below \$18,000 per individual or \$24,000 per couple may be eligible for this program.

# FINANCIAL ASSISTANCE

## **GlaxoSmithKline Patient Assistance Bridges to Access**

PO Box 29038

Phoenix, AZ 85038

1-866-728-4368 (for enrollment and other patient-specific questions)

1-888-825-5249 (for all other questions)

Mon - Fri, 5 am to 5 pm

The Bridges to Access program seeks to help patients gain access to the breakthrough medicines GlaxoSmithKline helps develop. The program provides discount out-patient medications to eligible low-income patients. To apply, individuals must reside in the United States and cannot currently have prescription drug benefits.

## **Partnership for Prescription Assistance**

1100 15th St., NW

Washington, DC 20005

1-888-477-2669 (1-888-4PPA-NOW)

[www.pparx.org](http://www.pparx.org)

The Partnership for Prescription Assistance helps qualified patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. The service offers a single point of access to more than 475 public and private patient assistance programs, covering more than 2,500 medicines, including a wide range of generic medicines. Many patients can get their medications for free or nearly free. Individuals can access this network of medication assistance programs through the toll-free number or the user-friendly website listed above.

# FINANCIAL ASSISTANCE

## **United Health Care Insurance Company AARP Prescription Discount Card**

PO Box 40011

Roanoke, VA 24022

1-800-456-2277 (English)

1-877-231-1510 (Spanish)

<http://www.aarp-pharmacy.com/aarpNet/>

United Health Care sponsors a Medicare-approved prescription drug discount card made available through the AARP Pharmacy Services Program. Eligible members receive a drug discount card that saves individuals an average of 19% on prescription medications and even as much as 47% on top-selling prescription drugs. The program has an annual membership fee of \$19.95. To apply, individuals must be a Medicare beneficiary and cannot have outpatient prescription drug benefits under your State Medicaid or Medical Assistance Program. Individuals do not have to be a member of AARP to enroll.

## **Universal RX**

710 3rd St., SW

Roanoke, VA 24016

1-540-777-7179 (to enroll)

1-800-329-0988 (to find the nearest participating pharmacy)

[www.universalex.net](http://www.universalex.net)

Universal RX offers a free prescription drug card that can be used by an entire family to receive discount medications at more than 25,000 chain pharmacies, including Rite Aid, K-Mart, Wal-Mart, Safeway Supermarkets and many more. Universal RX charges no enrollment or monthly fees and has no enrollment restrictions.

# Asthma Education

*Understanding your condition is instrumental to minimizing the impact asthma has on your life. Educational classes can help you learn about the disease and how it affects you. They also can teach you what to do to avoid episodes and what to do when suffering from an attack. This preventative approach will help stop asthma attacks before they occur.*



*It is important for not only asthma patients, but those who spend time with them, to understand asthma. Parents and family members should be prepared to respond when a loved one is suffering. Likewise, caregivers such as teachers and child care providers, can also benefit by learning how they can support and assist children before, when and after they suffer from an episode. Through the classes and workshops listed in this section, local residents can become better prepared to help themselves, or their loved ones, when asthma strikes.*

# ASTHMA EDUCATION

## **Breathe California of the Bay Area Asthma Education Programs**

1469 Park Ave.  
San Jose, CA 95126  
408-998-5865  
www.lungsrus.org

### ***Child Asthma Management Classes***

Breathe California offers multi-session asthma management classes to teach elementary and middle school age children about their condition and how to manage their symptoms. Led by a trained facilitator, the class offers a hands-on experience designed to empower children to take control of their asthma. The curricula includes learning how to: use metered dose inhalers, peak flow meters and nebulizers; identifying and avoiding triggers; recognizing an emergency; and more. Breathe California offers this class on-site at schools and other community locations.

### ***Parent Asthma Workshops***

Breathe California offers educational asthma workshops to help parents support their asthmatic children. Parents learn about their child's disease, medications, symptom management strategies and how asthma can affect their children both physically and emotionally. These workshops are held at various locations throughout the community (see also Parents of Asthmatic Children Support Group on page 29).

### ***Asthma In-Service Training***

The agency also offers training for individuals who interact with children on a regular basis. Teachers, child care staff, youth leaders and coaches can benefit from learning about asthma and how to attend to and support asthmatic children under their care. The agency also holds continuing education trainings for health professionals which covers the latest issues surrounding the disease.

*Continued on Page 26*

# ASTHMA EDUCATION

## Breathe California...

*(Continued from page 25)*

### **Asthma Community Forums**

Each year, Breathe California hosts a series of community forums to offer assistance to those suffering from asthma. Open to the public, these events offer adults and children afflicted by asthma the opportunity to listen to various guest speakers as they discuss critical asthma issues. Attendees are able to ask questions and speak one-on-one with doctors, nurses and health educators. These forums allow an easy avenue for interested individuals to learn more about asthma and receive counsel from health experts.

### **Camino Medical Group Health Education Department**

201 Old San Francisco Rd.  
Sunnyvale, CA 94086  
408-523-3222  
[www.caminomedical.org](http://www.caminomedical.org)

The Health Education Department offers various classes and workshops to help asthmatic patients and their family members live healthier lives. Participants learn about the signs and symptoms of asthma, how medications work, the correct use of inhalers and peak flow meters, and how to manage asthma while participating in sports or other activities.





# ASTHMA EDUCATION

## Kaiser Permanente Medical Offices

### **Santa Clara**

900 Kiely Rd  
Santa Clara, CA 95051  
408-236-6400

### **Santa Teresa**

Health Education Resource Center  
276 International Circle, First Floor  
San Jose, CA 95037  
408-972-3340

### **Milpitas**

770 E. Calaveras Blvd.  
Milpitas, CA 95035  
408-945-2933

### **Campbell**

200 E. Hacienda Ave.  
Campbell, CA 95008  
408-871-6463

### **Gilroy**

7520 Arroyo Ct.  
Gilroy, CA 95020  
408-848-4690

Kaiser Permanente hosts a variety of health education classes to help patients learn to cope with their conditions. This includes a number of asthma classes for adults, children and parents aimed to help individuals minimize the impact asthma has on their lives. Kaiser also hosts a health skills class in Spanish at the Santa Teresa location.

*Certain classes are open to the public while others are only available for Kaiser members. Call individual office locations for information on their upcoming classes.*

# Counseling & Support Groups

*Support is critical in order to prevent asthma from controlling your life. Often, asthma patients report suffering from depression, low-self esteem or a lack of self-confidence. To combat this, a number of organizations offer counseling services and/or support groups as resources to patients suffering from chronic diseases like asthma.*

*These services allow patients, and often their family members, to talk about the difficulties surrounding their condition. By helping participants express their feelings and frustrations, these services can help individuals overcome their challenges and achieve peace of mind. In particular, support groups allow those who confront asthma on a regular basis to join together. There, patients, parents and family members can find common ground as they discuss ways to resolve common problems and enjoy a higher quality of life.*



# COUNSELING & SUPPORT GROUPS

## **A.C.T. for Mental Health**

441 Park Ave.  
San Jose, CA 95110  
408-287-2640

A.C.T. for Mental Health offers general counseling services for people suffering from a variety of emotional issues, including those stemming from chronic illnesses like asthma.

## **Breathe California of the Bay Area**

1469 Park Ave.  
San Jose, CA 95126  
408-998-5865  
[www.lungsrus.org](http://www.lungsrus.org)

### ***Better Breathers Club (BBC)***

The Better Breathers Club is a support group for adults suffering from chronic lung disease, such as emphysema or asthma, and their family members. Guest speakers from various health disciplines share their expertise with the group in an effort to help participants breathe easier and lead a higher quality of life. The group also offers an open forum to discuss common challenges related to living with lung disease. The BBC meets monthly in Palo Alto (Avenidas Senior Center) and San Jose (Breathe California office) as well as every third month in Gilroy (St. Louise Regional Hospital). Call Breathe California for specific times, dates and locations.

### ***Parents of Asthmatic Children (PAC) Support Group***

The PAC Support Group is a resource for families affected by asthma. Each meeting features a guest speaker who talks about one of the many issues related to childhood asthma. Attendees also have the opportunity to share common concerns surrounding their child's condition and how it may be affecting their family life. The support group meets every third month, typically during a weekday evening. Call Breathe California for upcoming times, dates and locations.

# COUNSELING & SUPPORT GROUPS

## Family & Children Services

950 W. Julian St.  
San Jose, CA 95126  
408-292-9353

375 Cambridge Ave.  
Palo Alto, CA 94306  
650-326-6576

One W. Campbell Ave., Suite D40-41  
Campbell, CA 95008  
408-374-9220

[www.fcservices.org](http://www.fcservices.org)

Hours: Mon - Thurs, 8 am to 8:30 pm; Fri, 8 am to 5 pm

Family & Children Services offers counseling to help build emotionally strong families and individuals. The agency's services are available to individuals affected by chronic illness, family strife, death, crisis management and other sources of emotional distress. The agency also offers parent education and counseling on a variety of topics.

## Jewish Family Services of Silicon Valley

14855 Oka Rd., Suite 202  
Los Gatos, CA 95032  
408-556-0600  
<http://www.jfssv.org>

Jewish Family Services offers a variety of counseling and support services. These include private therapy sessions to help children, adults and/or seniors suffering from emotional problems, including (but not limited to) those stemming from chronic illnesses. The agency also hosts various parent and caregiver support groups, consultations and educational workshops to help individuals resolve issues affecting their family life.



# Home Environmental Control

*Research continually points out that environmental factors are largely responsible for triggering and exacerbating asthma attacks. This includes not only outdoor air pollution, but also contaminants in the home. However, ensuring the home environment remains in optimal condition can be quite difficult. With many hazards*



*remaining hidden, unknown, or hard-to-change, help may be needed to maintain a healthy living environment.*

*This section lists a number of businesses and organizations which can help you in this effort. These services can assess local residents' homes for common environmental pollutants that may be affecting their health. Many will also help you develop a plan to eliminate these health hazards. By creating a healthy home, you can decrease the likelihood that asthma will strike in your home.*

# HOME ENVIRONMENTAL CONTROL

## **Benchmark Property Inspections**

3732 Charter Park Dr. # A  
San Jose, CA 95136  
408-448-7594

Benchmark Property Inspections has been serving the area since 1994. The company assesses local residences for a number of hazards including mold, asbestos and lead. They also have the capability to test for certain allergens on special request.

## **Breathe California of the Bay Area Home Assessment Program**

1469 Park Ave.  
San Jose, CA 95126  
408-998-5865  
[www.lungsrus.org](http://www.lungsrus.org)

Breathe California's program seeks to eliminate indoor pollutants from the home. As part of this FREE service, trained assessors come into your home to identify factors which may be harming the indoor air environment. Assessors also help residents develop an action plan to eliminate hazards and prevent them from returning in the future.

## **EcoQuest International**

4030 Colmery Ct.  
San Jose, CA 95118  
408-266-1313

EcoQuest International installs and services air purification systems for the home. Local representatives will assess indoor air quality in the home and offer a variety of suitable products for local residents.



# HOME ENVIRONMENTAL CONTROL

## Environmentally Safe Products and Procedures (ESP)

434 Roberson Dr.  
San Jose, CA 95112  
408-436-0470

ESP is dedicated to utilizing environmentally safe products, such as tile, marble and grout, in your home. A former home inspector, owner David Bonasera is qualified to discuss a number of environmental issues and how they are affecting your home. His expertise will help you make stone restoration and repair choices that protect against hazards such as mold and facilitate a healthier living environment.

## Indoor Air Diagnostics

2245 Fortune Dr.  
San Jose, CA 95131  
408-954-9088  
[www.iaqinfo.com](http://www.iaqinfo.com)

Indoor Air Diagnostics has been serving the Bay Area for over 15 years. They have certified industrial hygienists who can test for mold and other air contaminants.

# Smoking Cessation

*One of the most dangerous environmental hazards is something that is completely controllable, secondhand smoke. This pollutant can have an especially dangerous impact on susceptible populations such as children and those suffering from asthma. These individuals can suffer severely when exposed to the pollutant, even long after a cigarette has been put out.*

*To ensure the well-being of asthmatic individuals, it is important for their loved ones to refrain from smoking near them or to quit altogether. Since smoking can be a difficult habit to break, we have listed numerous local resources which offer assistance to individuals looking to quit. By utilizing a group class, one-on-one counseling or self-help materials to quit smoking, you can ensure your loved ones remain healthy.*





# SMOKING CESSATION

## **American Cancer Society**

7 Camden Ave.  
Campbell, CA 95008  
408-871-1062  
1-800-662-8887 (Quit Line)

The American Cancer Society offers a collection of literature and self-help materials to assist individuals looking to quit smoking.

## **Breathe California of the Bay Area Smoking Cessation Resources**

1469 Park Ave.  
San Jose, CA 95126  
408-998-5865  
[www.lungsrus.org](http://www.lungsrus.org)

### ***Ash Kickers Smoking Cessation Classes***

Breathe California offers an eight-week group support class for adults looking to quit. Led by a trained facilitator, the class utilizes a behavior modification curricula and offers participants strategies to quit and stay quit. Enrollment costs \$70, but special arrangements can be made for those in need. Call Breathe California for current class times, dates and locations.

### ***The Secondhand Smoke Helpline: (408) 999-0500***

This free service assists Santa Clara County residents experiencing secondhand smoke problems. The Helpline informs callers on how to protect themselves from exposure to secondhand smoke as well as their rights in specific situations. Helpline staff can also intervene on a caller's behalf to maintain their anonymity and protect him/her from any retribution that may have come if he/she were to complain personally. The Helpline is staffed on weekdays from 9 a.m. to 5 p.m. At other times, callers can leave a taped message for Helpline staff.

*Continued on Page 36*



# SMOKING CESSATION

## Breathe California...

(Continued from Page 35)

### **Self-Help Materials**

Breathe California also offers a number of smoking cessation resources for those attempting to quit on their own, including brochures, books and videos.

### **California Smokers' Helpline**

1-800-662-8887 (English)                      1-800-456-6386 (Spanish)  
1-800-778-8440 (Vietnamese)                1-800-556-5564 (Korean)  
1-800-838-8917 (Mandarin & Cantonese)  
1-800-933-4833 (TDD/TTY)  
1-800-844-2439 (Chewing Tobacco)  
Hours: Mon - Fri, 9 am to 9 pm; Sat, 9 am to 1 pm

The California Smokers Helpline is a free telephone service to help people who are trying to quit smoking. Friendly helpline counselors are trained smoking cessation counselors and can assist callers by offering a number of different services, including one-on-one counseling, self-help materials and referral to other local programs. The helpline's services are available in six different languages and can also assist hearing-impaired callers.

### **Foothill College**

12345 El Monte Rd.  
Los Altos Hills, CA 94022  
650-949-7243

Foothill College offers FREE one-on-one counseling and medical quitting aids (i.e. patches, gum, reading materials) to its students to assist them in their attempts to kick the habit. In order to receive nicotine patches or gum, students cannot be actively smoking.



# SMOKING CESSATION

## **Kaiser Permanente**

*Mountain View Medical Offices*  
555 Castro St.  
Mountain View, CA 94041  
650-903-2636

*Santa Teresa Medical Offices*  
276 International Circle  
San Jose, CA 95037  
408-972-3340

Kaiser Permanente offers a number of smoking cessation resources, including its seven-session Stop Smoking Program, which utilizes group support to help individuals quit. Kaiser also offers a single session Quit Tobacco Workshop to give individuals the tools to quit at their own pace. Medical quitting aids and self-help materials are also available through the organization.

*Certain classes are open to the public while others are for members only. To find a current class near to you, please contact one of the Kaiser Permanente local offices.*

## **Palo Alto Center for Pulmonary Disease Prevention**

145 N. California St  
Palo Alto, CA 94301  
650-833-7999

The Palo Alto Center for Pulmonary Disease Prevention offers one-on-one counseling to help individuals quit smoking. Medical professionals assess patients' level of nicotine addiction and develop strategies to help them kick the habit.

# SMOKING CESSATION

## San Jose State University

One Washington Square  
San Jose, CA 95112  
408-924-6117

San Jose State University offers its students a variety of FREE smoking cessation resources, including one-on-one counseling, group classes and self-help materials. Students can also be referred to the campus clinic to receive additional quitting aids (i.e. nicotine patch, gum).

## Santa Clara County Public Health Department

770 S. Bascom Ave.  
San Jose, CA 95128  
408-494-7836

The Santa Clara County Public Health Department offers quit-smoking classes and self-help materials to local residents attempting to quit smoking. The county can also help residents obtain quitting aids from local clinics and doctors. The Health Department's classes and materials are offered in Vietnamese, Spanish and English.



# Asthma Studies

*Over the years, research has been largely responsible for the vast improvements we have seen in combating and understanding asthma. Through this work, we have been able to develop new treatments and management strategies which have helped countless individuals enjoy a higher quality of life.*

*Nonetheless, we still have many questions about asthma and are continually working towards better treatments, and ultimately a cure. To achieve this, vast research is being conducted across the country, including here in Santa Clara County. These studies will not only help*



*benefit asthma sufferers in the future, they also often provide significant incentives for asthma patients who agree to participate. Here, you will find a list of groups and organizations which are active locally in asthma research studies.*

# ASTHMA STUDIES

## **Allergy & Asthma Associates of Santa Clara Valley Research Center**

4050 Moorpark Ave.  
San Jose, CA 95117  
408-553-0709  
[www.asthmaresearch.com](http://www.asthmaresearch.com)

Allergy & Asthma Associates has conducted research for over 25 years, resulting in many publications and research grants. Its medical staff is Board Certified in Allergy and Immunology, Pulmonary Diseases, Pediatrics and Internal Medicine. The group continually looks for children and adults who are interested in participating in research programs for asthma, allergies and chronic obstructive pulmonary disease. No insurance is necessary and the research studies are free of charge. Most study appointments can be scheduled before work or school - as early as 6 am at the San Jose office. In addition, participants are compensated for their time.

## **Lucile Packard Children's Hospital Center for Asthma and Allergic Diseases**

725 Welch Rd.  
Palo Alto, CA 94304  
650-723-5227

The Center for Asthma and Allergic Diseases has an extensive research program dedicated to developing new treatments for asthma, allergies and other immunologic diseases. Most of these research projects are funded by grants from the U.S. National Institutes of Health, and have resulted in the publication of more than 100 articles and books. Its research program focuses both on understanding the development of asthma and allergic disease and creating newer and more effective treatments.



# ASTHMA STUDIES

## **Palo Alto Medical Foundation Department of Health Services Research**

795 El Camino Real  
Palo Alto, CA 94301  
650-326-8120

The primary focus of the Department of Health Services Research is the improvement of asthma outcomes through educational interventions for patients of all ages. Compensation and eligibility requirements vary from study to study.

## **San Jose Clinical Research, Inc. Alan Heller, MD**

2039 Forest Ave., Suite 203  
San Jose, CA 95128  
408-297-6030

San Jose Clinical Research seeks to develop more effective treatments for individuals suffering from asthma and allergies. Under the direction of Dr. Heller, the organization conducts a number of different studies dedicated to finding new uses for medications. The group is continually looking for children and adults to participate in their research. While the benefits vary from study to study, during their participation qualified patients will receive free medical care, free medication and paid compensation for their time and travel.

# Sick Child Care

*Sick children can often pose significant challenges for parents. This is particularly true of asthmatic children, who when experiencing symptoms, are often unable to attend school or other activities. Ensuring their children are cared for often leads parents to miss a significant number of work days or find alternative care options, both of which can lead to additional expenses.*

*Sick child care centers offer parents a practical way to reduce the number of days lost at work due to an ill child. Sick child care staff are trained to attend to children suffering from various symptoms and to recognize signs of a child's worsening condition. By utilizing such services, parents can remain confident that their child will be safe and supervised throughout the day. This section also contains a listing for a child care referral agency to help you find services which can meet the special needs posed by your child's asthma.*





# SICK CHILD CARE

## **Choices for Children**

307 Orchard City Dr., Suite 107  
Campbell, CA 95008  
408-374-2232  
<http://www.choices4children.org>

Choices for Children offers a variety of child care services in Santa Clara County including its Backup Choices Program. This program provides in-home sick care for children when their parents must go to work. The service is available for employees whose children are mildly ill or unable to attend their primary child care or school arrangement. Employers subsidize a portion of the caregiver fee and employees pay a co-payment based on their salary. Choices for Children also operates traditional child care centers.

## **Community Child Care Council of Santa Clara County**

111 E. Gish Rd.  
San Jose, CA 95112  
408-487-0749  
[www.4c.org](http://www.4c.org)

The Community Child Care Council (4C) of Santa Clara serves as the community child care link between families and child care professionals who live and work in Santa Clara County. 4C maintains an extensive database of local child care providers which allows them to refer families to centers which match the special needs of their children. In addition, 4C offers a number of educational classes and information resources for child care providers, parents and children.

# SICK CHILD CARE

## **San Juan Bautista Child Development Center, Inc**

701 Vine St.

San Jose CA 95110

408-293-1168

[www.sjbcdc.org](http://www.sjbcdc.org)

Hours: Mon - Fri, 6:30 am to 6 pm

Located in East San Jose, San Juan Bautista Child Development Center offers a unique drop-in sick child care program in addition to its regular child care services. The agency is one of only a few local centers that is licensed for sick care and offers sick child care subsidies to low-income families. Mildly ill children at the Sick Child Care Center can recuperate in a safe and nurturing environment, receiving hot meals and medicine as prescribed. There is a separate room for infants and a darkened room for sleeping.

# Information & Referral Services

*The amount of information we are finding about asthma is continually expanding. Each day, we learn more and more about the chronic lung disease and ways we can prevent it from negatively impacting our lives. With such a host of information out there, it can be difficult for those eagerly*



*searching for new information to find the resources they are seeking. Such sought-after information may range from basic descriptions of asthma to tips on managing symptoms to the latest innovative treatments and therapies.*

*Fortunately, Santa Clara County is home to a number of organizations and groups which collect this information. Many of these organizations have information centers with staff who are able to authoritatively talk about these issues, answer questions and offer informational materials. Others can point you in the right direction as you look to take advantage of various asthma resources by referring you to other groups, organizations and programs.*



# INFORMATION & REFERRAL SERVICES

## **Breathe California of the Bay Area**

1469 Park Ave.

San Jose, CA 95126

408-998-5865

[www.lungsrus.org](http://www.lungsrus.org)

Hours: Mon - Fri, 9 am to 5 pm

Breathe California offers live assistance to help callers and visitors find all the information they need about chronic lung diseases. Trained staff and volunteers are available to help patients find information, answer questions and talk about the agency's numerous lung disease programs. The agency also offers telephone referral services, and can direct visitors/callers to different resources, programs and information sources available in the area. In addition, their office hosts an extensive resource library with materials to help you learn everything you want to know about lung disease.

## **Lucile Packard Children's Hospital Parent Information & Referral Center**

725 Welch Rd.

Palo Alto, CA 94306

1-800-690-2282

[www.packardchildrenshospital.org](http://www.packardchildrenshospital.org)

The Parent Information and Referral Center (PIRC) is a toll-free number for parents and caregivers to call regarding children's health needs. PIRC is staffed by pediatric Registered Nurses who can answer parent concerns about a variety of issues surrounding their child's asthma. The center also refers callers to various community resources that can help asthmatic children enjoy a higher quality of life.



# INFORMATION & REFERRAL SERVICES

## **Palo Alto Medical Foundation Community Health Resource Center**

795 El Camino Real  
Jamplis Building, 2nd Floor  
Palo Alto, CA 94301  
650-614-3200  
Hours: Mon - Fri, 9 am to 4:30 pm  
Individual appointments are available  
[www.pamf.org](http://www.pamf.org)

The Community Health Resource Center offers information and support for patients and other community members who wish to make informed decisions regarding their health and wellness. The center is staffed by a nurse educator and trained volunteers who are available to assist you in obtaining the information you need. PAMF physicians carefully review the Center's materials to ensure their reliability and accuracy. At the Center, you can receive reference books, newsletters and brochures, videotapes and many other educational materials.

## **PlaneTree Health Library**

15891 Los Gatos-Almaden Rd.  
Los Gatos, CA 95032  
408-358-5667  
Hours vary by day; Call for details

PlaneTree Health Library, a community service of Good Samaritan Hospital, is a comprehensive consumer health and medical library, free and open to the public. The library connects visitors with extensive information to help them make informed decisions about their health. The library's collection of current and useful health information ranges from easy-to-understand materials to technical, professional literature. Their computer services feature Internet access (including health sites not publicly available) and assistance with online searching. Some books, articles, and videos are available in Spanish and in Vietnamese.

# INFORMATION & REFERRAL SERVICES

## **Santa Clara County Public Health Department**

3003 Moorpark Ave.  
San Jose, CA 95128  
408-423-0700

The Santa Clara County Public Health Department works to promote the health and well-being of its residents. The department can give information on a number of diseases affecting local residents as well as the programs it offers to combat them. The health department can also refer residents to numerous other health resources available to them throughout the county.

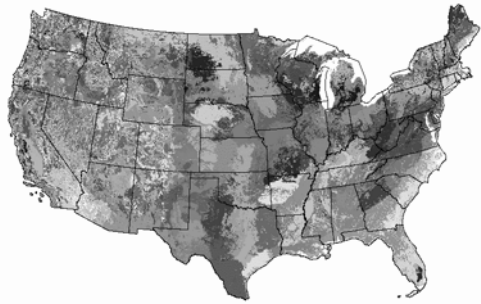
## **Santa Clara Family Health Plan Family Resource Center**

1450 S. White Rd.  
San Jose, CA 95127  
408-254-5980  
Hours: Mon - Sat, 8 am to 7 pm  
Individual appointments are available

The Family Resource Center offers in-depth information to parents and children about a variety of health issues, including asthma. Visitors can receive health literature, enroll in classes, and learn about other community resources available in the area.

# Out-of-County Resources

*In addition to the many outstanding resources we have available to us locally, there are also a number of organizations which play key roles in the fight against asthma throughout the state and country. Through their websites, these organizations can bring countless quality resources right to your home. From in-depth information to interactive applications, there is a wealth of quality information available through the internet. And by tapping these authoritative resources, you can further educate and empower yourself to confront this chronic lung disease.*



# OUT-OF-COUNTY RESOURCES

## **Allies Against Asthma**

<http://www.asthma.umich.edu/>

## **Allergy & Asthma Network/Mothers of Asthmatics**

<http://www.aanma.org/>

## **American Academy of Allergy, Asthma, and Immunology**

<http://www.aaaai.org>

## **American Academy of Pediatrics**

<http://www.aap.org>

## **American Association for Respiratory Care**

<http://www.aarc.org>

## **American College of Allergy, Asthma, & Immunology**

<http://www.allergy.mcg.edu>

## **American Lung Association**

<http://www.lungusa.org>

## **Asthma and Allergy Foundation of America**

<http://www.aafa.org>

## **Asthma and Schools**

<http://www.asthmaandschools.org/>





# OUT-OF-COUNTY RESOURCES

## **Asthma Education & Resource Council**

<http://www.asthmacouncil.org>

## **California Action to Fight Asthma**

<http://www.calasthma.org>

## **California Air Resources Board**

<http://www.arb.ca.gov/research/indoor/indoor.htm>

## **California Department of Health Services**

<http://www.dhs.ca.gov>

## **California Primary Care Association**

<http://www.cPCA.org>

## **California Public Health Initiative**

<http://www.caasthma.org>

## **Centers for Disease Control and Prevention (CDC)**

<http://www.cdc.gov/nceh/airpollution/asthma/default.htm>

## **Children's Environmental Health Network**

<http://www.cehn.org>

## **Council of Community Clinics**

<http://www.ccc-sd.org/>

# OUT-OF-COUNTY RESOURCES

## **Environmental Protection Agency**

<http://www.epa.gov/iaq/schools/asthma/>

## **Global Initiative for Asthma**

<http://www.ginasthma.com/>

## **Latino Issues Forum**

<http://www.lif.org/>

## **Medcape**

<http://www.medscape.com>

## **National Asthma Education & Prevention Program**

<http://www.nhlbi.nih.gov/>

## **Regional Asthma Management Prevention Initiative**

<http://www.rampasthma.org>

## **Yes We Can Community Health Works, SFSU**

<http://www.communityhealthworks.org/yeswecan/>

