

### How Can I Learn About Asthma From the Internet?

- Information from the internet **should not** replace medical care.
- The Internet can connect you with information around the world.
- Asthma information can be found at different addresses (websites) on the Internet.
- If you do not own a computer, public Internet access can be found at community sites such as the local library or Community Centre. Ask about sites in your community.

### Is It Good Information?

- Anyone can put anything on the Internet. **Some information may not be correct.**
- Do not trust a site that says they can cure asthma. At present, there is no cure for asthma.
- Look for well known organizations. See the websites suggested on this website.

### Question What You Read

- Who wrote the information? Do they work with known organizations? (eg. hospital or universities).
- Is it easy to read and understand?
- Does it seem complete? Can it be checked with other trusted sites?
- Is the information recent and up to date? Do links to other sites still work?
- Other people may share their experiences on a website. Be careful about following their advice.

### **How Can I Check Out the Information?**

Check out new ideas by speaking to your:

- Doctor
- Asthma Educator
- Pharmacist
- Local Lung Association

### **ASTHMA WEBSITES**

#### **The Children's Asthma Education Centre**

[www.asthma-education.com](http://www.asthma-education.com)

#### **iCAN (Calgary Asthma Network)**

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

#### **Childhood Asthma Foundation**

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

**Asthma Society of Canada**

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

**Canadian Lung Association**

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

**Asthma & Allergy Foundation of America**

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

**Asthme Quebec, L'asthme au quotidien**

[www.asthme-quebec.ca](http://www.asthme-quebec.ca)

**Hospital for Sick Children**

[www.aboutkidshealth.ca/En/ResourceCentres/asthma](http://www.aboutkidshealth.ca/En/ResourceCentres/asthma)

## **Websites for Kids**

### **iCAN (Calgary Asthma Network)**

[www.ucalgary.ca/icancontrolasthma/kidsall](http://www.ucalgary.ca/icancontrolasthma/kidsall)

### **The Asthma Society of Canada**

[www.asthmakids.ca](http://www.asthmakids.ca)

## **Websites for Teens**

### **The Children's Asthma Education Centre**

[www.teen-asthma.com](http://www.teen-asthma.com)

### **Asthma Society of Canada**

[www.airsquare.ca](http://www.airsquare.ca)

### **The Lung Association**

[www.teenasthma.ca](http://www.teenasthma.ca)

**iCAN (Calgary Asthma Network)**

[www.ucalgary.ca/icancontrolasthma/teenpanels](http://www.ucalgary.ca/icancontrolasthma/teenpanels)

**Asthma Allie Says:**

**"Keep learning about asthma!"**



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