



COMMUNITY
MEDICAL CENTERS

Asthma Education Program

“Asthma Basics” Group Class:

Tuesday, 9:30 to 11 a.m., English; Community Health Center-Sierra

Tuesday, 12:30 to 2:00 p.m., English; Community Health Center-Cedar

Wednesday, 10 to 11:30 a.m., Spanish; Community Health Center-Cedar

- Understanding Asthma
- Signs and symptoms
- Normal lungs and asthmatic changes to the lungs
- Quick-relief medications
- Controllers medications, benefits of use and consequences if not used
- What are asthma triggers?
- Importance of using a spacer
- Using a peak-flowmeter
- Importance of compliance and follow-up with physician

Follow-up Asthma Education - Individual Sessions:

**Appointments available at Community Health Center-Sierra and
Community Health Center-Sierra**

- Case Management
- Asthma history, symptoms & frequency
- Medication review, frequency of use
- Trigger identification
- Peak flow tracking and follow-up
- Asthma Action Plan
- Continued follow-up as needed

We can help... give us a call: (559) 459-3554

(Scheduling and Pre-Registration is Necessary – fax referral to 459-3513)

Community Health Center-Sierra

1925 E. Dakota Ave. • Fresno, CA 93726

Office (559) 459-3554 • fax (559) 459-3513