

# DO YOU OR SOMEONE YOU KNOW SUFFER FROM ASTHMA??

Asthma is an epidemic that affects about 20 million adults and children in the United States alone. Carlinville Area Hospital is pleased to announce that we now have a Certified Asthma Educator on staff at the hospital. Currently there are approximately 200 Certified Asthma Educators in the state of Illinois. An asthma educator works with patients, their family, and physician to help improve the patient and their family's knowledge and skills necessary to minimize the impact of asthma on their daily life. This includes recognizing triggers and how to avoid them, and proper use of medication such as inhalers and nebulizers. Asthma Educators can also train staff on the up to date treatments and techniques required to properly care for an asthmatic patient. As an asthma patient, having a qualified asthma educator can be the link needed between doctor and patient in order to fully understand their diagnosis. It is especially helpful for parents who have had a child diagnosed and do not know how to care for them properly.

Mandy Konneker is a Registered Respiratory Therapist in the Cardiopulmonary Department. This past October Mandy took the National Asthma Educator Certification Board and is now qualified to meet with patients either one on one, or in a group setting to educate on various topics pertaining to asthma. She can also see patients in the emergency room as well as inpatients in the hospital.

Mandy has recently been trained to provide a program called Asthma 101. This is a FREE program offered through the American Lung Association to better educate school personnel, child care providers and coaches on the affects of asthma in children.

Childhood asthma is the number one chronic condition causing children to be absent from school. Asthma is a disease that can be controlled with a plan that includes medical treatment and control of environmental triggers, people with asthma can lead healthy, active lives.

For more information, or to schedule an appointment, please contact the Carlinville Area Hospital Cardiopulmonary Department at 217.854.3141 x 247.