



Assisting mobility

The staff of Halton Home Healthcare (from left) Shane Vince, Jamie Franks and Tracey Berube, display some of the various types of equipment they offer to help seniors better cope with their mobility needs. The store is located at Moore Park Plaza on Main Street North, in Georgetown.

Photo by Ted Brown

Peak period for asthma is closing in

The approach of cooler autumn weather may be a relief for children and others with asthma following one of Ontario's smoggiest summers on record, but the peak period for asthma is just around the corner. Traditionally, the third week in September has the highest incidence of asthma, creating an annual spike in hospital emergency and in-patient visits.

Although the reasons for this regular surge are unknown, about 90 per cent of asthma attacks in children are usually triggered by colds and the flu. Other common triggers are environmental tobacco smoke, dust mites, furry animals, plants and pollens, moulds, air pollution, strong odours and some foods.

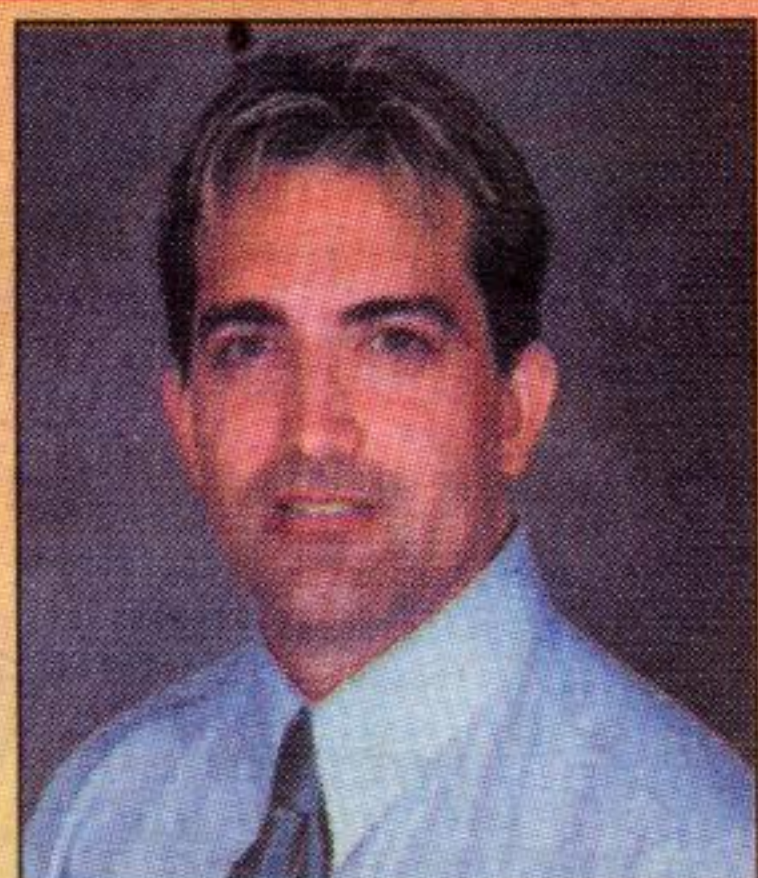
"This time of year is when asthma seems to be at its worst with many people, especially children," says Shelagh Finlayson, manager of The Lung Association's Asthma Action Program.

"We want to remind people to monitor their asthma closely and as much as possible avoid known triggers. It is especially important for children to pack their puffers in their school bags in the event they have an attack.

Certified Asthma Educators are available and can help parents of children with asthma avoid the surge pattern. The Lung Association's Asthma Action Helpline number is 1-800-668-7682.

Proactive asthma management is the best way in which to control asthma. If an asthma incident does occur, The Lung Association recommends visiting your family physician or, in the case of an emergency, going to the nearest hospital emergency department.

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