



The Teenage Street Guide to Asthma 1992-1993 calendar is now available through the Halton branch of the Lung Association. The educational illustrations throughout the wall calendar were created by Sheridan College student Frank Bedek.

## Calendar's aim to teach asthmatic teens

Chronic disease requires sufferers and their friends to take responsibility

The local Lung Association has found another purpose for calendars besides indicating the date.

A special calendar for asthmatic teenagers who, up to now have been largely ignored as far as education for the management of their asthma is now available.

This calendar serves to remind teenagers of the need to take responsibility for their asthma on a regular basis. This is done by providing information about asthma, street sense on living with asthma, and record taking to be used as a measure of control of their asthma.

Subsequently, the association conducted a survey in 12 area high schools. From these 12 schools a total of 210 asthmatic students responded to the questionnaire, for a total of three

per cent of the school population. Their replies showed many teenage asthmatics need more information about their chronic disease.

The Lung Association rejected the normal avenues of distributing knowledge including pamphlets, newsletters and videos as being non-effective or too expensive. The Teenage Street Guide to Asthma Calendar was prepared instead.

With the support of Glaxo Canada Ltd. the calendar is now available to Halton teens. This calendar is targeted to asthmatics, through art work, printed educational messages and endorsements from well known Canadian athletes who are asthmatics, reminding the students and their friends that they are responsible to a large degree for their own actions and lives.

Through the help of Frank Bedek, an animation student from Sheridan College, the illustrations focus on teenage issues.

The attractive packaging can be attributed to the work of Colleen O'Hare, a student of the Ontario College of Art.

The Lung Association - Halton Region depends greatly on support from the community and its Christmas seal donations.

The residents of Halton have generously supported Lung Association appeals thus making it possible to extend the Teenage Street Guide to Asthma Calendar to any teenager in Halton who has asthma.

For further information on teen programming and other programs call (416) 847-1033.

## Telephone quiz tests knowledge of Canada

One of the most successful telephone contests ever undertaken in Canada is underway. In its first month more than 30,000 Canadians have called the Canada 125 Challenge telephone game. A thousand more are taking the Challenge every day.

All you have to do is call 1-900-561-5555 (a charge of 50 cents for the first minute and 35 cents for each additional minute will appear on your phone bill — average call length: two minutes). Use your knowledge of Canada to help you win instant prizes when calling from a touchtone phone.

You'll be asked two multiple choice questions about our country ranging from history to hockey, from places to people, from events to achievements. You simply select the answers and, if you get both correct, you could be randomly chosen to win one of 125 instant prizes available per week consisting of \$10 long distance gift certificates.

Every time you call you can enter into the sweepstakes for the grand prizes. You may win a 1993 Chevy Lumina Sedan, one of two trips for two on Canadian Airlines anywhere in Canada, or a NEC P401 — one of the world's smallest cellular phones — complete with 12 months of gold service.

You have until midnight November 30, 1992 to enter the contest. It is open to all residents of Canada over the age of majority.

For complete contest details write to: The Canada 125 Challenge, P.O. Box 85, Station G, Toronto, Ont. M4M 3T8.

## Air Force recruiting kids with asthma

The Lung Association has set up a program to help parents and their asthmatic children.

It is appropriately called the Air Force Asthma Program.

The Air Force program is an educational tool designed to assist asthmatic children (age 6-12 years) and their parents in understanding and dealing with asthma.

The program:

- teaches self-management skills to the children so that they can take more responsibility for managing their asthma.

- provides parents with the knowledge and skills to help their children deal with this disease and its day to day problems.

To register or for more information about this program call The Lung Association - Halton Region 847-1033.

The program in Georgetown will run at Georgetown District Hospital beginning Wednesday, Nov. 4 for three consecutive Wednesdays. The Air Force is offered at other times in various locations in the region. The cost is \$20 per family. The Air Force asthma program is a "must" for those asthmatic children and their parents wanting to control their asthma and lead active, full lives.

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