

ADVERTISING FEATURE

HEALTH & FITNESS

Asthma can kill

Seminar at the hospital will provide information on variety of new treatment options and rules for delivery of medication

BY LISA CARTWRIGHT
FEATURES WRITER

Asthma, New Rules and New Choices, is the perfect opportunity for asthma sufferers and their families to learn more about this potentially fatal condition.

The information session, hosted by the Department of Family Practice, will provide vital information regarding a variety of treatment options as well as new rules for the delivery of medication.

The one-hour session occurs April 20 at 7 p.m. in Markham Stouffville Hospital's auditorium. Parking and admission are free.

Respirologist Dr. Monique Forse will be leading the discussion which is hosted by Dr. Stephen McLaren, chief of family practice. The discussion will be fun and casual, with time for questions and answers at the end.

Asthma, a condition that narrows the air passage making breathing difficult, affects 10 per cent of youths 14 and under and five per cent of people 15 and older.

While there are numerous treatments that make the condition manageable, people still die from asthma.

"Asthma is not just a benign condition, it actually kills people," Dr. McLaren said. "We saw the (mortality rate) go up a bit in the last decade and that's a real concern. We have to make people aware that it can kill."

GUIDELINE UPDATES TO BE RELEASED THIS MONTH

When treatment options and rules change, a set of guidelines are published to inform doctors and their patients.

The guidelines were last published in 1996. Updates to those guidelines should be released sometime this month.

Some of the updates the pair are discussing are the latest treatment options available to asthma sufferers as well as the new law that states that all inhalers have to be CFC-free by the year 2005.

Dr. McLaren said there are a number of CFC-free inhalers on the market

that offer the same high-quality delivery system of an aerosol inhaler.

"People of any age are welcome," McLaren said. "Parents with kids who

have asthma, adults wanting to learn proper asthma management," and anyone who wants to learn more about the condition.

ASTHMA, NEW RULES AND NEW CHOICES

When: Tuesday, April 20

Time: 7 p.m.

Where: Markham Stouffville Hospital's auditorium
Other details: Parking and admission is free

HEALTH & FITNESS

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Asthma

New Rules, New Choices

What everyone should know about new guidelines, new choices for therapy and new products for asthma.

Of value to all ages; children's asthma to adult disease

Dr. Stephen McLaren, Chief of Family Practice
Dr. Monique Forse, Respirologist



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The Department of Family Practice ... Moving You Ahead

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Stories should be at the Markham Economist & Sun or Stouffville Tribune by Friday, April 23. The winner will be contacted by phone.

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Topic : Why Physiotherapy
Time : Saturday, April 10, 99 at 3:00 P.M.
(Check out for Sunday Presentation)

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