



STAFF PHOTO/SJOERD WITTEVEEN

Asthma sufferer Debra Berger uses her inhaler as Donna Dupont, a respiratory therapist and asthma educator at the Asthma Clinic at the Markham Stouffville Hospital Annex in Markham, looks on.

Asthma sufferer enjoys new-found relief

BY JESSICA ROWLANDS
Special

Debra Berger's asthma controlled her life.

Every day the 37-year-old had asthma attacks and often could

not be outdoors.

Last November, the Stouffville resident of 10 years decided enough was enough.

She checked herself into the Markham Stouffville Hospital as

her chest was tightening and her breathing became more difficult.

For relief, doctors gave her a supply of puffers and directed

See **MEDICATION**, page 18.



COMMUNITY
ASTHMA
CARE CENTRE

World Health Asthma Day

UNDERSTANDING ASTHMA

Education is the first step to maintaining good asthma control

Please join us on World Health Asthma Day to learn about:

- Asthma;
- Treatments available; and
- Current Management Strategies

PROGRAMME

Date: Tuesday, May 7, 2002

Time: 6:00-9:00 p.m. – Open House

7:00 p.m. – Guest Speaker Dr. Monique Forse, Respiriologist, MSH

Topic: Asthma - The Current Approach

Place: Markham Stouffville Hospital Auditorium



Visit our various exhibits and meet representatives from the Asthma Education Clinic.

Door Prizes - Light Refreshments
Free Admission & Parking

Community Asthma Care Centre... Helping You Help Yourself



Swarovski Mother's Day Event

Saturday May 4th, 2002

Time 1:00 - 5:00 p.m.



THE VASE OF ROSES

We would gladly inform you how you can join the Swarovski Collectors Society and acquire the Jubilee Edition 2002 <<The Vase of Roses>>

Featuring:

- Free draw to win a Mother's Day Necklace
- Free Crystal Tattoo demo
- Free Draw to win "The Vase of Roses"
- Instant sign up in the Swarovski collectors Society



KO'S GIFTS

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Leading the way in the Fight against Muscular Dystrophy.

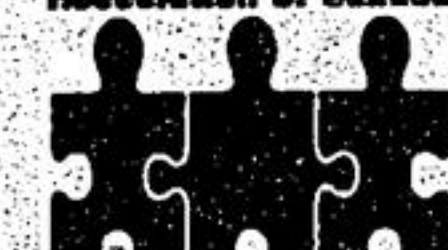
Thousands of Canadians are fighting every day against the progressive effects of muscular dystrophy. They count on the support of the fire fighters in their battle against muscular dystrophy and more than 40 other neuromuscular disorders.

When your fire fighters ask for a donation, remember they are the champions for many Canadians affected by a neuromuscular disorder.

And please give generously.

Until there's a cure, there's us.
1-800-567-CURE

Muscular Dystrophy Association of Canada



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MAY 2002

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