



哮喘：一部肥皂劇

WE ARE NEW YORK

雜誌



ENGLISH
中文

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WE ARE NEW YORK

全新電視節目

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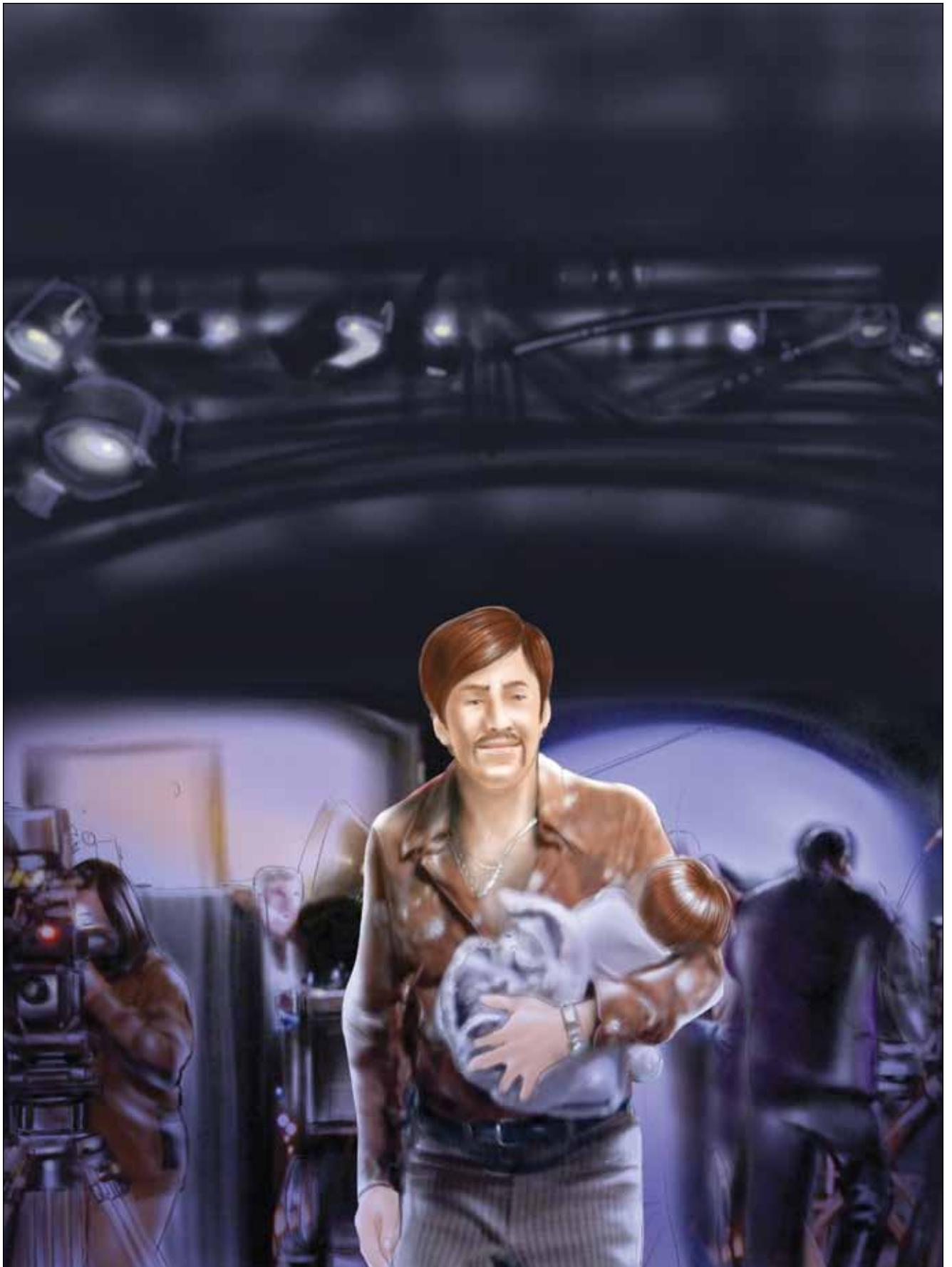
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本集故事

哮喘：一部肥皂劇

瑪利奧是一部電視肥皂劇的主演。他愛安琪拉，但他們的愛情遭到了安琪拉父親的反對。今天他們在拍攝電視劇的最後一幕戲，安琪拉最終離開了瑪利奧和他的兒子。問題是：這個劇情對瑪利奧來說太悲慘了！他停止了拍攝，要求導演修改劇情。他希望有一個美好的結局！他希望照顧好自己的兒子，並希望安琪拉回到自己身邊。雖然導演希望完成拍攝，但還是同意了瑪利奧的想法。瑪利奧可以讓安琪拉回到身邊嗎？他能成為自己想要做的英雄父親嗎？



好的... 開拍!



對不起，親愛的。我不能和你在一起。我父親不同意我這麼做。

1



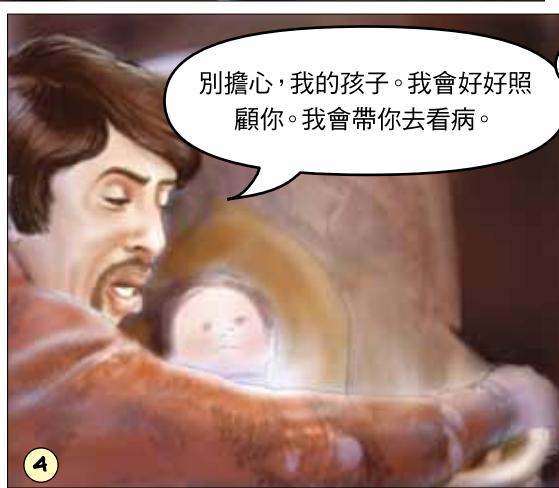
安琪拉，不要走!

2



我現在該怎麼辦？還有我的兒子，他有哮喘!

3



別擔心，我的孩子。我會好好照顧你。我會帶你去看病。

4



停! 停!

瑪利奧，你在幹甚麼？劇情裡可沒有甚麼看病的醫師!

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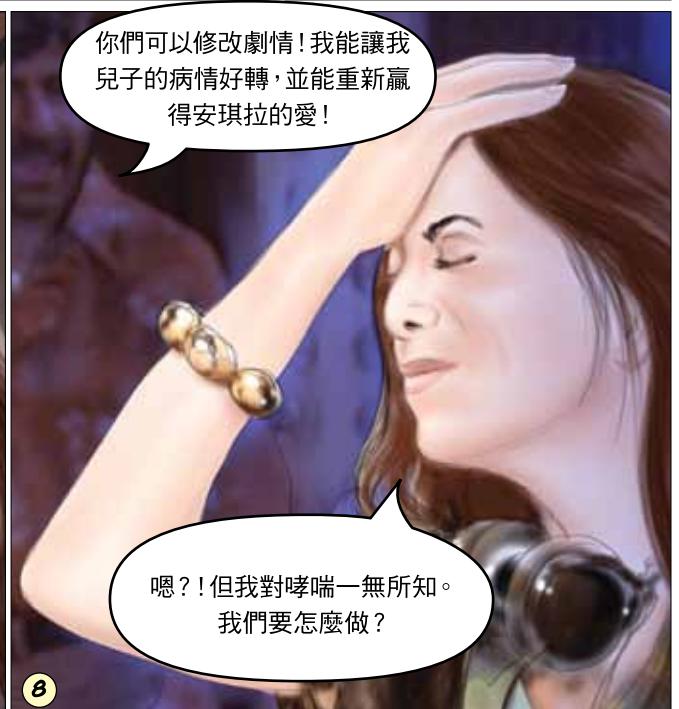


我知道。但這樣太悲慘了。我想要一個好結局! 我希望我兒子的病情能好轉。

6

7

好結局? 但安琪拉離開了你，而且你的兒子有哮喘。我們怎麼能把這個變成好結局?



你們可以修改劇情! 我能讓我兒子的病情好轉，並能重新贏得安琪拉的愛!

嗯?! 但我對哮喘一無所知。我們要怎麼做?

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第二天，導演找到了對哮喘有瞭解的人。



是的，我們都有哮喘，但我們很健康。你可以做一些事來掌控哮喘，並過上正常的生活。



我的妻子過去有吸菸的習慣，這使我的哮喘更嚴重了。但當她瞭解到她吸菸會令我感覺不適時，她戒菸了。現在我們兩人都可以更加順暢地呼吸！

我會在放學後打籃球，但我每天都必須使用「控制」藥物。



你必須帶你的兒子去醫師那裡做檢查。即使在他感覺良好時也是一樣。



我知道了！哮喘是一種嚴重的疾病。我們得寫一幕新戲！我必須帶我的兒子去看病。



可是，瑪利奧，按照劇情，你是個窮人。你負擔不起看病的費用。



等一下。在紐約不是這樣的。每個紐約市民都可以獲得醫療保健服務…不管你是窮是富。

而且還有專門為小孩提供的健康保險！給311打電話吧。他們會幫助你。

瑪利奧有了一幕與醫師在一起的新戲。



醫師，我的兒子會好嗎？
我能夠為他做些甚麼？

你兒子的哮喘比較嚴重，這是他為甚麼每天晚上都咳嗽的原因。但你可以掌控這種病。你必須給你兒子使用兩種藥物。

16



你要每天給他使用「控制」藥物，即使他感覺良好時也一樣。另一種是急救藥物，只有在他的哮喘變得更嚴重時才給他使用。

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兩種藥物都裝在一個這樣的幫浦中。

這是裝在幫浦上的一個特殊零件。它稱為吸藥輔助器。

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當你兒子感冒時，他的哮喘可能會變更嚴重。請注意可能使他的哮喘變得更嚴重的其他因素 - 菸霧、灰塵以及寵物。

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遠離香菸、灰塵和寵物。
謝謝你，醫師。

21



你可以掌控你兒子的哮喘。
其他父母每天都這麼做。
你也能做到。

22

這個電視劇有一個美好的結局！



好的… 開拍！



安琪拉，你回來了？

是的，親愛的。我是你的，永遠都是。

23



但你父親那一關怎麼過？
他同意了嗎？

24



現在，他認識到我一直知道的一件事。

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你是一個好人。

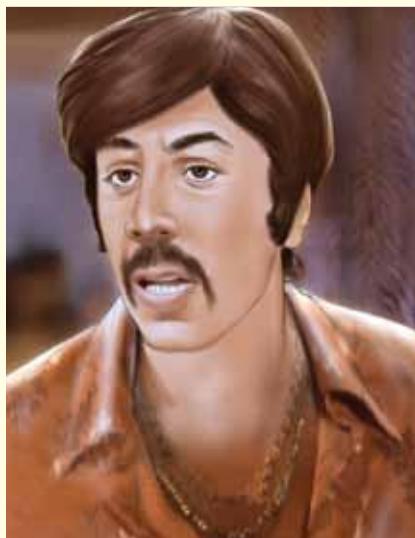
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全劇終

人物介紹



瑪利奧

我希望在電視劇中成為一個好父親。當我聽說我的兒子有哮喘時，我要求知道更多有關哮喘的資訊。我想盡一切努力幫助我的兒子過上美好生活。如果這意味著我的生活要有所改變，我就必須付出行動。我也想保持健康 - 為了我自己和我的兒子。



導演

我對待自己的工作非常認真。當瑪利奧告訴我，我們需要知道更多有關哮喘的資訊時，我認為這會毀了我們的電視劇！但實際上，這使得我們的劇情更加精彩、更加有趣了！我們與那些非常瞭解哮喘的人進行了談話。現在，我知道了甚麼是哮喘以及如何掌控哮喘。



詹姆士

我患哮喘已經有50多年了，而且我很健康。實際上，哮喘對我的婚姻有所幫助！我的妻子是個吸菸者，我們結婚後，我在她製造的二手菸環境中呼吸，這讓我感到不適。當她發現她吸菸會令我不適時，她戒菸了 - 為了我！透過幫助我保持健康，她讓我明白她是多麼把我放在心上。現在，她也比以前更健康了！

安娜

當我剛知道自己有哮喘時，我很擔心。我認為我的生活會發生很大的變化。但事實並非如此。我仍能跟朋友一起外出。哮喘並未佔據我的全部生活。在學校，朋友會照料我，我的老師也知道這些。只要我能掌控好哮喘，並每天使用「控制」藥物，我就會很健康！



羅伯托

幾年前，我患上重感冒，父母帶我去看病時發現我有哮喘。醫師告訴我，在我患感冒或流感時，我的哮喘會變得更嚴重。起初，媽媽向我演示了如何使用我的藥物。現在，我知道了在家如何使用「控制」藥物吸入器。無論我去哪裡，我都會隨身攜帶急救藥物吸入器，以便在哮喘變得更嚴重時使用。



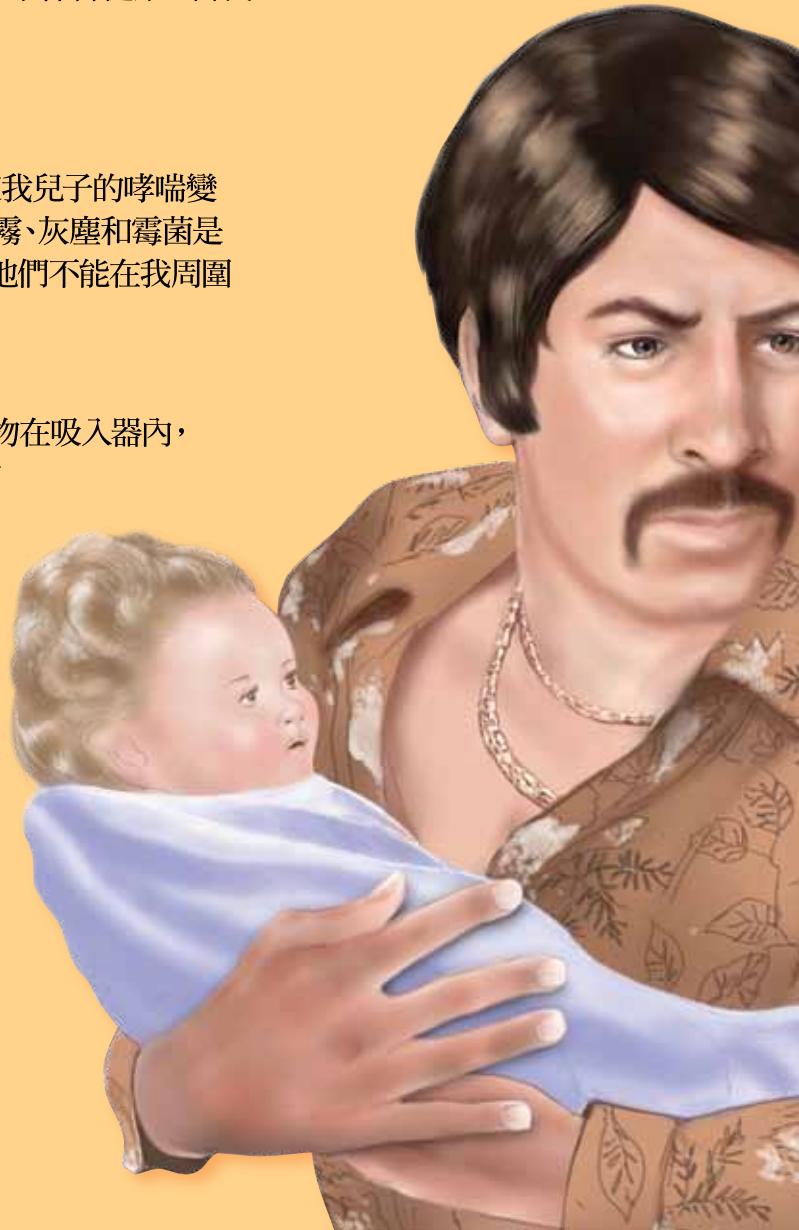
醫師

有時，我忘記了病人需要我說得慢一點、清楚一點。因此，當病人要求我說慢點或再解釋一遍時，我會感到很高興。幫助病人瞭解他們的健康狀況是我的工作。病人有權知道關於其健康狀況的一切資訊。請隨便向我提問題。

我們的做法

來看看我們學會了怎麼處理與哮喘有關的問題。
可能這些建議也能幫到你。

- 1 我為兒子立即找到幫助。我沒有掉以輕心。
- 2 我瞭解到我能致電311，為我的兒子獲取健康保險。
- 3 我告訴了醫師關於我兒子的所有情況，而且提了很多問題。甚麼是哮喘行動計劃？我需要做甚麼才能讓我的兒子保持健康？當我不明白時，我要求醫師再解釋一遍。
- 4 我瞭解了哮喘的「誘發因素」- 也就是會使我兒子的哮喘變得更嚴重的因素。感冒是一個誘發因素。菸霧、灰塵和霉菌是另外一些誘發因素。我所有的朋友都知道，他們不能在我周圍吸菸。
- 5 我每天都給兒子用藥，以控制他的哮喘。藥物在吸入器內，而我又借助了輔助器。由於我悉心照顧他的健康，我的兒子開始好轉了。



我們的做法



哮喘無法根治。但我會幫助病人控制哮喘。現在他們過著正常的生活。我會給所有病人提供一個哮喘行動計劃，幫助他們掌控哮喘。

我知道許多因素都可以誘發哮喘。浴室的霉菌、樹上的花粉甚至是廚房的蟑螂 - 這些因素都可以讓哮喘變得更嚴重。醫師稱它們為「誘發因素」。我必須遠離這些「誘發因素」。哪些因素會誘發你的哮喘？



紐約市為有哮喘的人提供了許多幫助。看病不需要有綠卡。我的父母給311打電話，瞭解到了有關免費健康保險的資訊。

吸菸對有哮喘的人來說簡直太可怕了！如果你有哮喘而且還吸菸，這會要你的命。如果你在有哮喘的人周圍吸菸，你會讓他們的哮喘變得更嚴重。尋找幫助，戒掉吸菸的習慣吧。你可以給311打電話，瞭解相關資訊以及免費戒菸計劃。



你能做甚麼

下面有一些用於幫助哮喘病人的建議。

與你的家人和朋友分享這本雜誌中的資訊。你可以改變他們的生活。

目標

你想控制哮喘發作。

1. 去見醫師。詢問你的醫師，以確保你的孩子使用正確的藥物。
2. 為你的孩子詢問哮喘行動計劃方面的資訊。要求醫師解釋哮喘行動計劃。
3. 找出讓你孩子的哮喘變得更嚴重的因素，並幫助你的孩子避免這些誘發因素。

目標

你想要為你或你的孩子取得健康保險。

1. 請致電311，瞭解如何為你的孩子取得免費或低費用的健康保險。
2. 311全天24小時開通，完全免費。311提供中文服務。

如果你的孩子發病了而急救藥又不管用，
立即致電你的醫生。對哮喘不要掉以輕心。

4. 一些常見的誘發因素有：菸霧、灰塵、霉菌、蟑螂、寵物、花粉、污染以及感冒。

5. 如果你孩子的家中有人吸菸，請幫助他們戒菸。你可以致電311求助或帶他們去見醫師。致電311，找到你所在區域的「戒菸計劃」。

6. 尋求更多幫助，請致電哮喘行動熱線：
1-877-ASTHMA-0
1-877-278-4620

3. 如果你無法取得保險，你仍可以看病。對於低收入人士，大多數醫院和診所都會降低他們的收費。

4. 任何人在紐約市的醫院都能獲得健康醫療，不管有沒有身份文件。

5. 確保護你的孩子去同一個醫生那裡看病。醫生會熟知你的孩子並能幫助你控制他的哮喘。

你能說甚麼

與醫師會面時，你可以說：

- 你能重複剛才所說的話，解釋一下你的意思嗎？
- 有了哮喘行動計劃，我該怎麼做？
- 你能為我解釋一下不同的哮喘藥物嗎？
- 哪些誘發因素可能使我孩子的哮喘變得更嚴重？

在市立醫院和診所，你還可要求提供翻譯員。

撥打311求助時，你可以說：

- 我想為我的孩子取得健康保險。你能幫我嗎？
- 我想找到我附近的市立醫院，你能幫我嗎？
- 你能提供我哮喘行動熱線的電話號碼嗎？
- 我需要翻譯員。我的母語是中文。

311提供中文服務。全天24小時開通。

在下面寫下你要問的問題：

哮喘

一種影響肺部，使人難以呼吸的疾病

哮喘可用藥物加以抑制。

哮喘行動計劃

是一份書面計劃，幫助你在日常生活中掌控哮喘。它還會幫助你認識到你的哮喘甚麼時候變得更嚴重了以及該怎麼做。

你的醫師將針對你的需求，幫助你訂定一份**哮喘行動計劃**。

慢性

不能根治的疾病。

哮喘是一種**慢性病**。即使在你感覺良好時，你也得用藥。

控制藥物

為了防止哮喘發作而每天使用的藥物。

如果你患有較嚴重的哮喘，你必須使用**控制藥物**。

吸入器

一個將藥物送入肺部的小幫浦。

哮喘病人在任何時候都必須隨身攜帶**吸入器**。

掌控

做些事情，使情況得到控制

瑪利奧去見了醫師，並瞭解了如何**掌控**他兒子的哮喘。

急救藥物

只有在呼吸困難時才使用的藥物。

你不必每天使用**急救藥物**。你只有在哮喘變糟時才使用這類藥物。

誘發因素

空氣或你家中的一些會誘發哮喘的因素。

有很多不同的**誘發因素**都可以讓哮喘變得更嚴重。你必須找出讓你的哮喘變得更嚴重的誘發因素，並盡可能消除這些因素。

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Asthma: The Soap Opera

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Magazine



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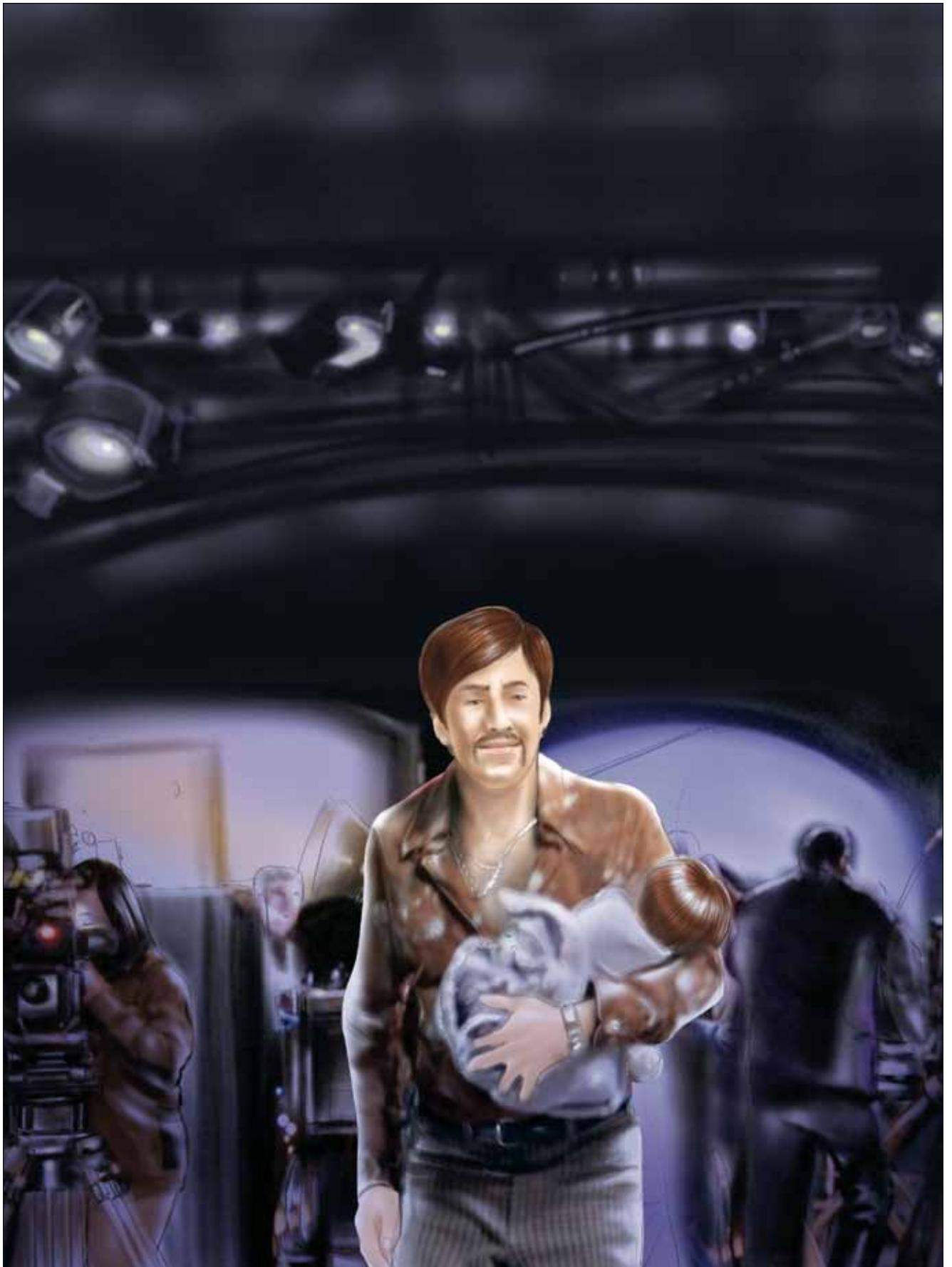
Helpful Words

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THE STORY

Asthma: The Soap Opera

Mario is the star of a TV soap opera. He loves Angela, but her father is against their love. Today they are filming the last scene of the show, and Angela finally leaves Mario and his son. But there is a problem: the story is too sad for Mario! He stops the filming and asks the director to change the story. He wants a happy ending! He wants to take care of his son, and he wants Angela back. The director wants to finish filming, but agrees to Mario's idea. Will Mario win Angela back? Will he be the hero father he was meant to be?



And ... Action!



I am sorry, my love.
I can't be with you.
My father said no.

1



Angela!
No!

2



What will I do now?
What about my son?
He has asthma!

3



Don't worry, my son. I will
take care of you. I will bring
you to the doctor.

4



Cut! Cut!

Mario, what are you doing?!
There is no doctor in this story!

5

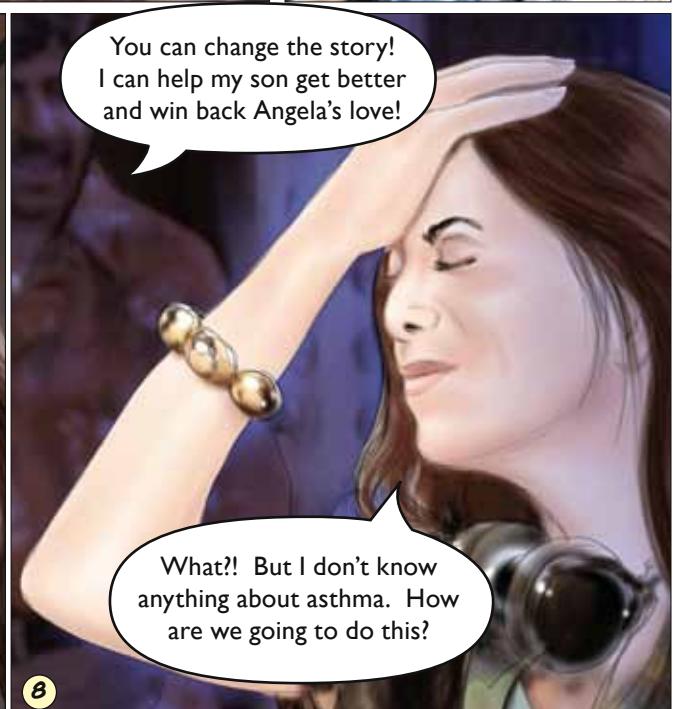


I know. But, it's too sad.
I want a happy ending!
I want my son to get better.

6

7

Happy ending? But Angela left you,
and your son has asthma. How can
we make that into a happy ending?

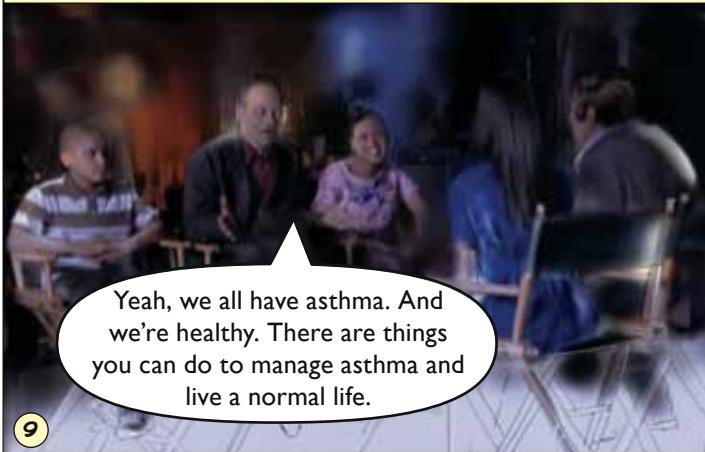


You can change the story!
I can help my son get better
and win back Angela's love!

8

What?! But I don't know
anything about asthma. How
are we going to do this?

The next day, the director finds people who know about asthma.



Yeah, we all have asthma. And we're healthy. There are things you can do to manage asthma and live a normal life.

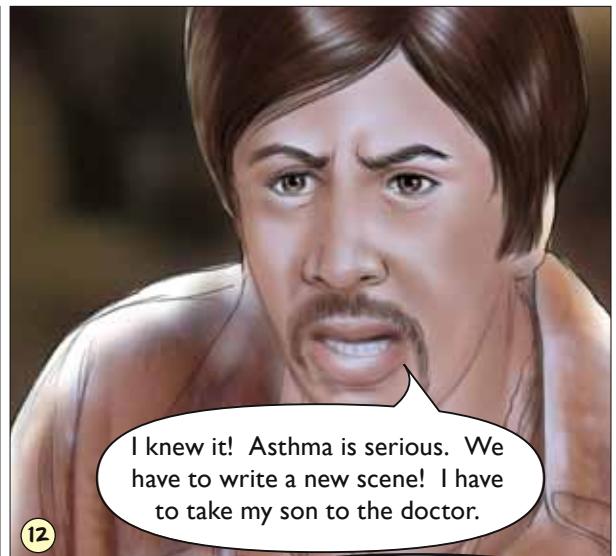


My wife used to smoke, and it made my asthma worse. But when she learned that her smoking was making me sick, she quit. Now we both are breathing better!

I play basketball after school, but I have to take my "controller" medicine every day.



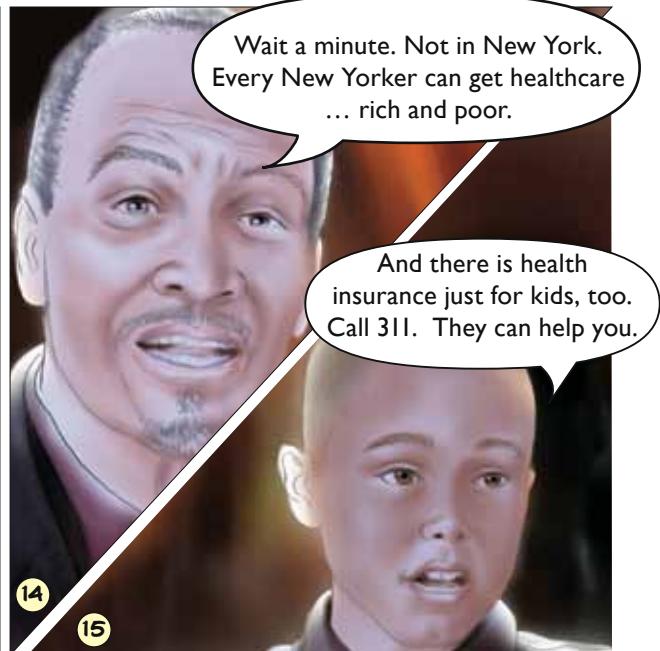
And you have to take your son to the doctor for check ups. Even when he feels fine.



I knew it! Asthma is serious. We have to write a new scene! I have to take my son to the doctor.



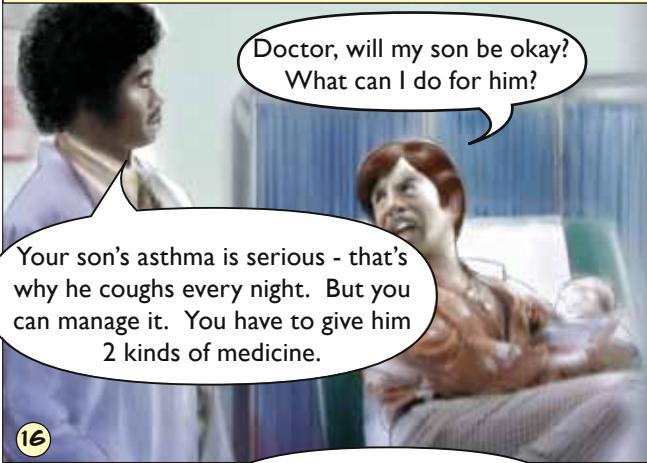
But Mario, in the story, you're poor. You can't afford to go to the doctor.



Wait a minute. Not in New York. Every New Yorker can get healthcare ... rich and poor.

And there is health insurance just for kids, too. Call 311. They can help you.

Mario has a new scene with the doctor.



Doctor, will my son be okay?
What can I do for him?

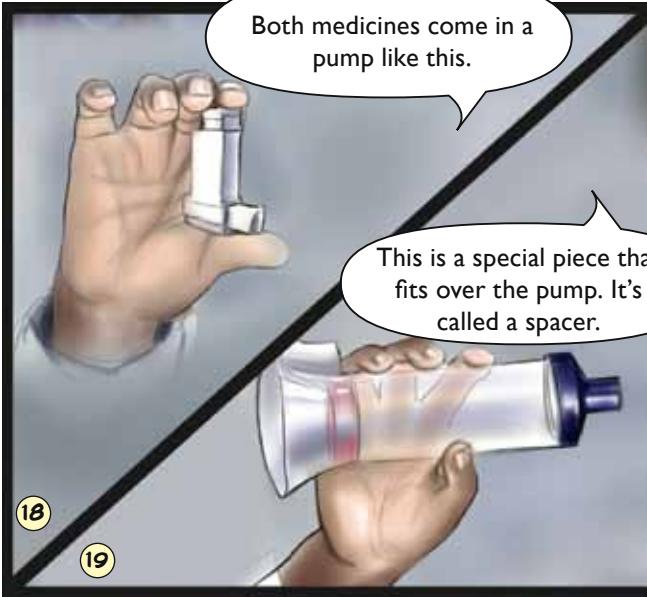
Your son's asthma is serious - that's why he coughs every night. But you can manage it. You have to give him 2 kinds of medicine.

16



You give him the "controller" medicine every day, even when he feels good. You give him the "rescue" medicine only when his asthma gets bad.

17



Both medicines come in a pump like this.

This is a special piece that fits over the pump. It's called a spacer.

18

19



Your son's asthma can get worse when he has a cold. Watch out for other things that make his asthma worse - cigarette smoke, dust, and pets.

20



No cigarettes, no dust, no pets.
Thank you, doctor.

21



You can manage your son's asthma. Other parents do it every day. You can do it, too.

22

The show has a happy ending!



And... Action!



Angela, are you back?

Yes, my love. I am yours. Forever.

23



But what about your father? Did he say yes?

24



Now he sees what I have known all along.

25



You are a good man.

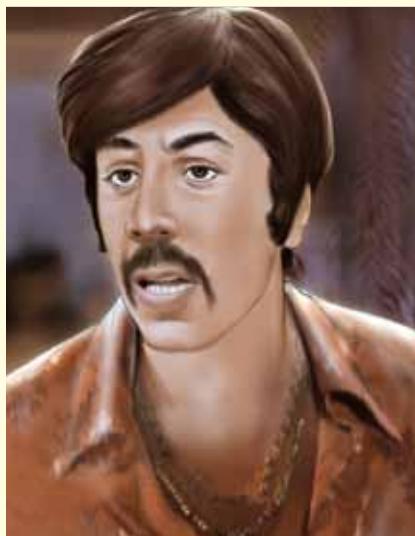
26



27

The End

WHO WE ARE



MARIO

I want to be a good father in the show. When I heard that my son has asthma, I demanded to know more about it. I want to do whatever I can to help my son have a good life. If that means changing some things in my life, then I have to do it. I want to be healthy, too – for myself and for my son.



THE DIRECTOR

I take my job very seriously. When Mario told me that we needed to know more about asthma, I thought it would ruin our TV show! But it made our story better and more interesting! We talked to people who knew all about asthma. Now I understand what asthma is and how to manage it.



JAMES

I've had asthma for more than 50 years, and I am healthy. In fact, asthma actually helped my marriage! My wife was a smoker and after we got married, I was breathing in her smoke and getting sick. When she found out that her smoking was making me sick, she quit – for me! She showed me how much she cared about me by helping me stay healthy. Now she is healthier, too!

ANA

When I first found out I had asthma, I was worried. I thought my life would change a lot. But it's not like that. I still go out with my friends. Asthma doesn't take up my whole life. My friends at school look out for me, and my teachers know about it, too. As long as I manage it and take my "controller" medicine every day, I'm fine!



ROBERTO

My parents found out I had asthma a few years ago when they took me to the doctor for a bad cold. The doctor told me that my asthma can get worse when I have a cold or the flu. At first, my mom showed me how to take my medicine. Now I know how to use my "controller" inhaler at home. I carry my "rescue" inhaler everywhere I go, and I use it if my asthma gets bad.



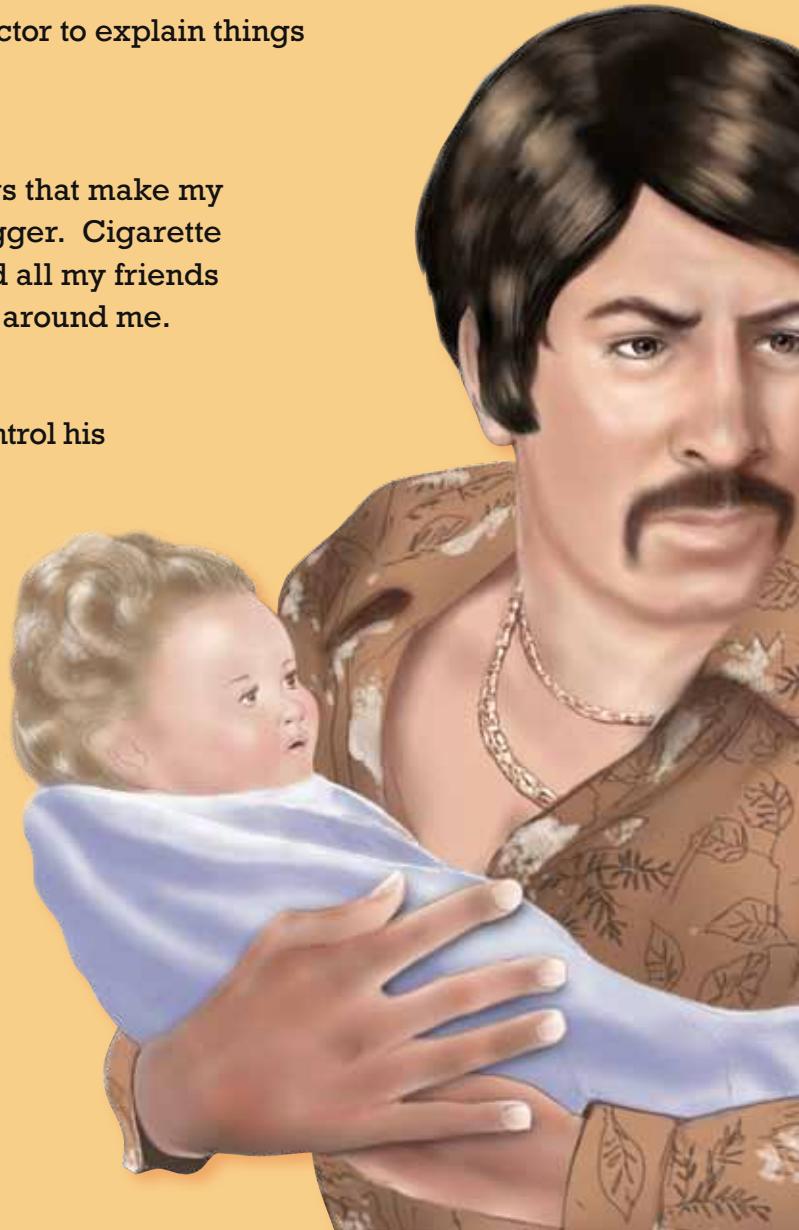
DOCTOR

Sometimes I forget that my patients need me to speak slowly and clearly. So, I am glad if they tell me to slow down or explain things again. It's my job to help them understand their health. Patients have a right to know everything about their health. Please ask me.

HOW WE DID IT

Here's how we learned to manage asthma. Maybe these ideas will help you, too.

- 1 I got help for my son right away. I didn't take any chances.
- 2 I found out that I can call 311 to get health insurance for my son.
- 3 I told the doctor all about my son, and I asked a lot of questions. What is an asthma action plan? What do I need to do to keep my son healthy? I asked the doctor to explain things again when I didn't understand.
- 4 I found out about "triggers" – the things that make my son's asthma worse. Colds are one trigger. Cigarette smoke, dust, and mold are others. And all my friends know that they can't smoke a cigarette around me.
- 5 I give my son medicine every day to control his asthma. The medicine is inside the inhaler. And I use a spacer with it. Since I am taking charge of his health, things are going better for my son.



HOW WE DID IT



Asthma can't be cured. But I help my patients to control it. Now they have normal lives. I give all my patients an asthma action plan to help them manage their asthma.

I know that many things can start an asthma attack. Mold in the bathroom, pollen from the trees, and even cockroaches in the kitchen – all these things can make asthma worse. Doctors call them “triggers”. I have to stay away from these “triggers”. What triggers your asthma?



New York City has a lot of help for people who have asthma. You don't need a green card to see the doctor. My parents learned about free health insurance for me by calling 311.

Smoking is terrible for people with asthma! If you have asthma and you smoke, it can kill you. If you smoke around someone who has asthma, you can make their asthma worse. Get help to quit smoking. Call 311 for information and free stop smoking programs.



WHAT YOU CAN DO

Here are some ideas for helping people with asthma.

Share the information in this magazine with your family and friends. You can make a difference in their lives.

Goal

You want to prevent asthma attacks.

1. Go to the doctor. Ask your doctor to make sure your child is on the right medicine.
2. Ask the doctor about an asthma action plan. Ask him or her to go over the action plan with you.
3. Find out what makes your child's asthma worse and avoid those triggers.

Goal

You want health insurance for yourself or your child.

1. Call 311 to find out how to get free or low-cost health insurance for your child.
2. You can call 311 for free, 24 hours a day. 311 speaks your language.

If your child is feeling sick and the “rescue” medicine isn’t helping, call your doctor right away.
Don’t take any chances with asthma.

4. Some common triggers are: cigarette smoke, mold, pollution, and having a cold.

5. If people in your child’s home smoke, help them quit. You can call 311 for help or take them to a doctor. Call 311 to find a “stop smoking program” in your area.

6. For more help, call the Asthma Action Line:
1-877-ASTHMA-0
1-877-278-4620

3. If you can’t get insurance, you can still see a doctor. Most hospitals and clinics will lower their fees for people who don’t earn a lot of money.

4. Anyone can get healthcare at New York City hospitals, with papers or without papers.

5. Make sure your child has a regular doctor. A regular doctor will get to know your child and will help you manage his or her asthma.

WHAT YOU CAN SAY

With the doctor, you can say:

- Can you please repeat what you said and explain what you mean?
- What should I do with the asthma action plan?
- Can you explain the different asthma medicines to me?
- What are some triggers that make my child's asthma worse?

You can also ask for an interpreter at City hospitals and clinics.

If you are calling 311 for help, you can say:

- I would like health insurance for my child. Can you help me?
- I would like to find a City hospital in my neighborhood, can you help me?
- Can I have the phone number for the Asthma Action Line?
- I need an interpreter. I speak _____.

311 speaks your language. 24 hours a day.

Write your own questions here:

HELPFUL WORDS

Asthma

A disease that affects the lungs and makes it hard to breathe.

Asthma can be managed with medicine.

Asthma Action Plan

A written plan to help manage your asthma day-to-day. It also helps you recognize when your asthma is getting worse and know what to do.

Your doctor will help create an **Asthma Action Plan** that is specific to your needs.

Chronic

A disease that doesn't go away.

Asthma is a **chronic** disease. You have to take your medicine even when you feel fine.

Controller Medicine

Medicine you take every day to prevent an asthma attack.

If you have a more serious type of asthma, you have to take **controller medicine**.

Inhaler

A small pump that delivers medicine to your lungs.

People with asthma have to carry their **inhaler** with them all the time.

Manage

To work on and keep under control.

Mario went to the doctor and found out how to **manage** his son's asthma.

Rescue Medicine

Medicine you take only when you are having trouble breathing.

You don't have to take **rescue medicine** every day. You only take it when your asthma is acting up.

Trigger

Something in the air or in your home that can start an asthma attack.

There are many different **triggers** that can make asthma worse. You have to find out what makes your asthma worse, and remove it if you can.

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