



Asthma: The Soap Opera

WE ARE NEW YORK

Magazine

ENGLISH



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CREDITS

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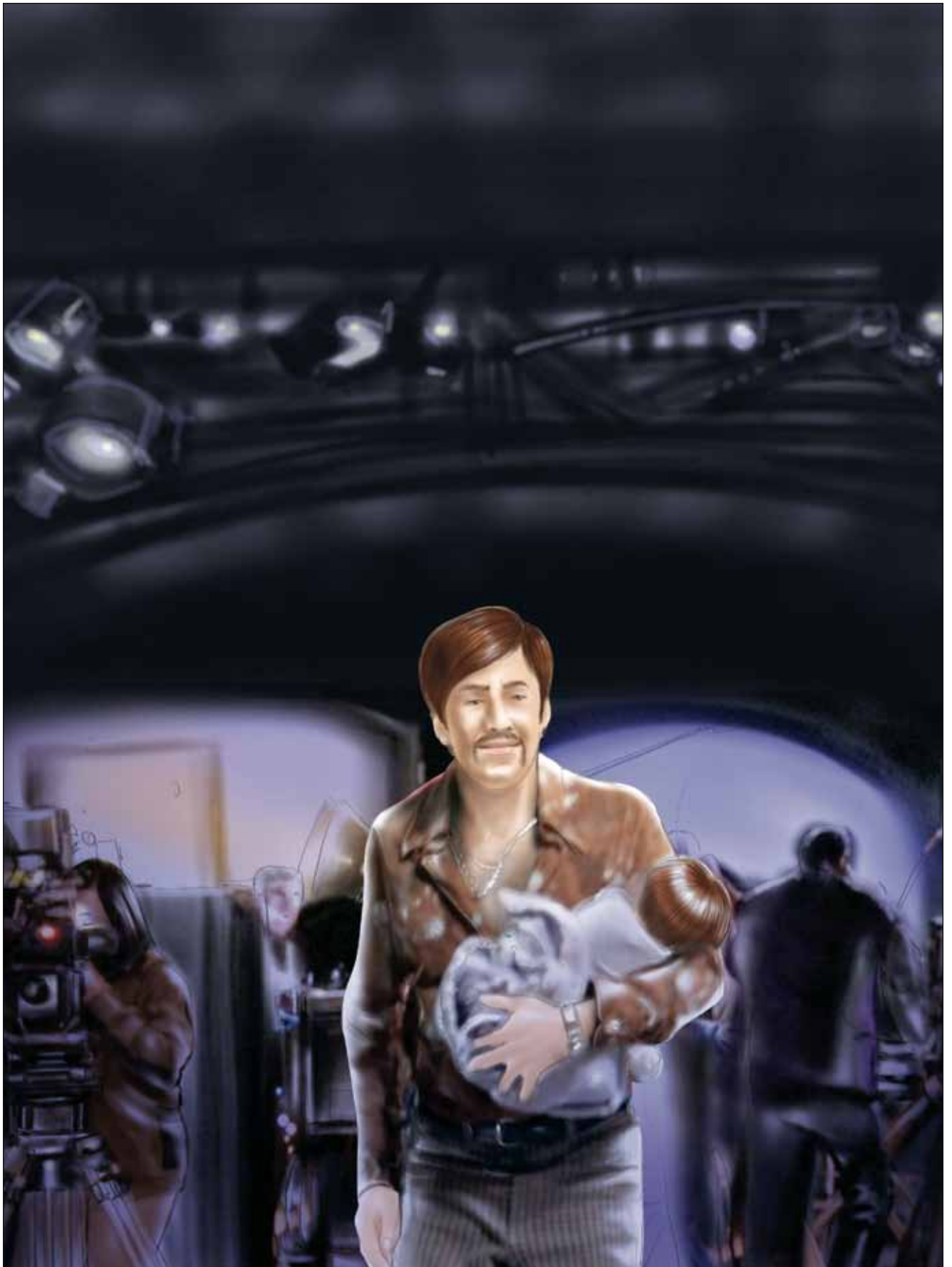
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THE STORY

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.



Angela!
No!



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



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



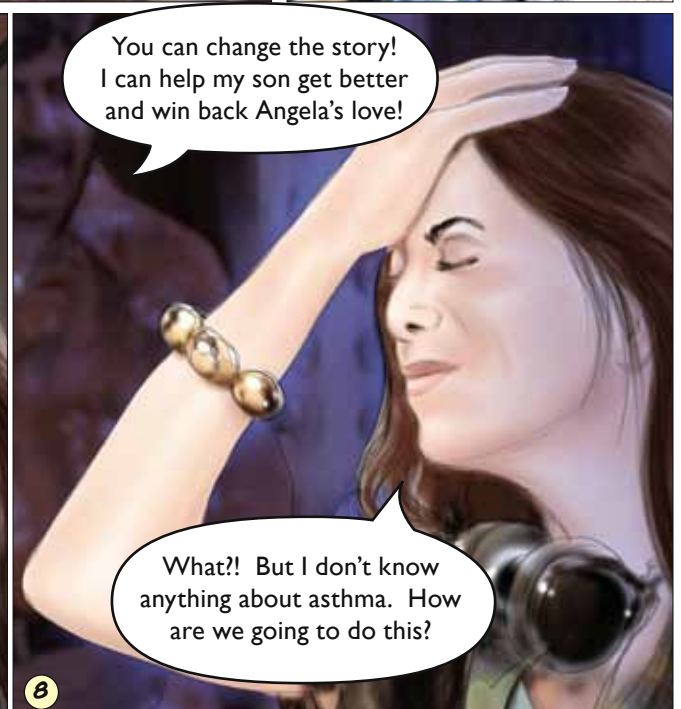
Cut! Cut!

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



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

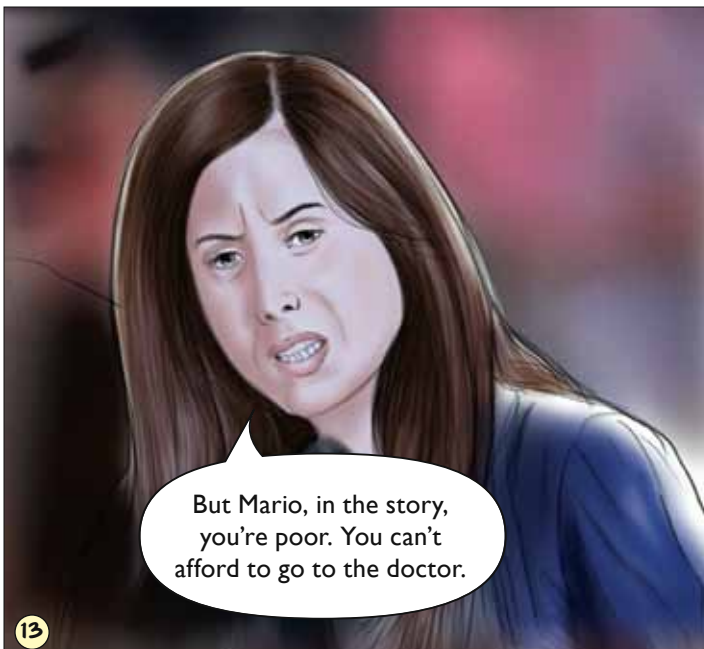
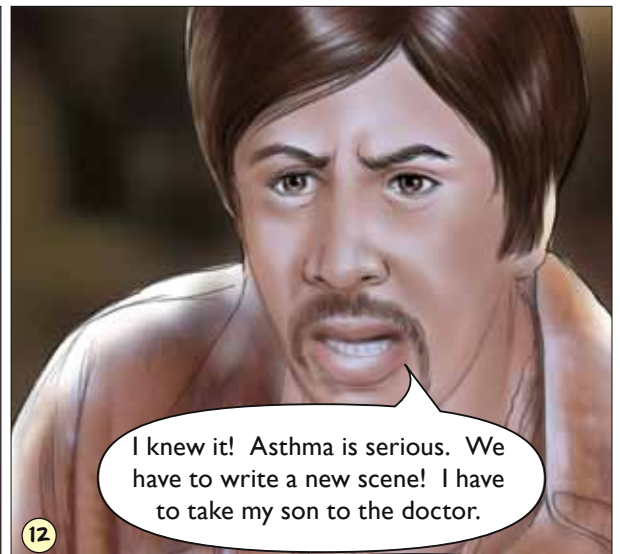
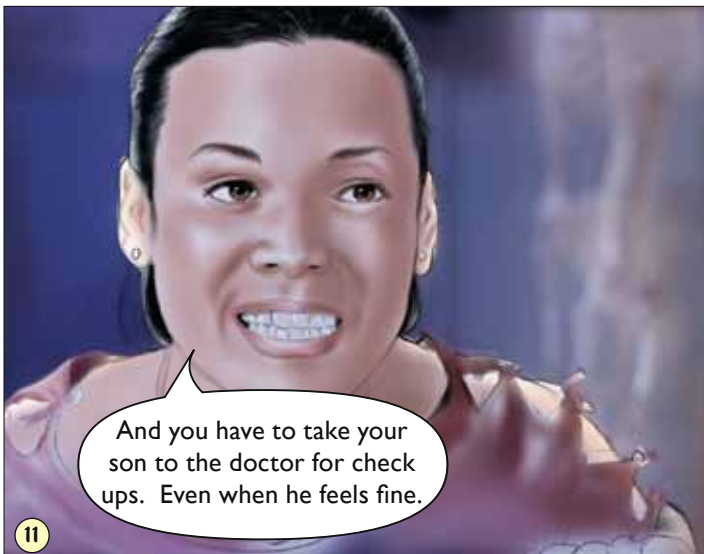
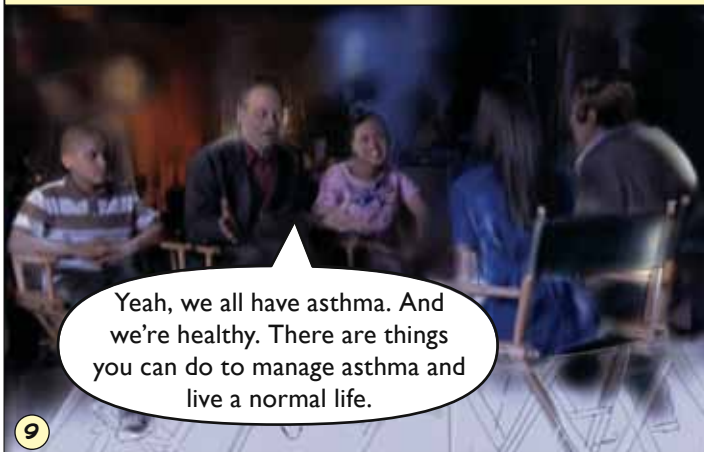
Happy ending? But Angela left you,
and your son has asthma. How can
we make that into a happy ending?



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

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.



Mario has a new scene with the doctor.

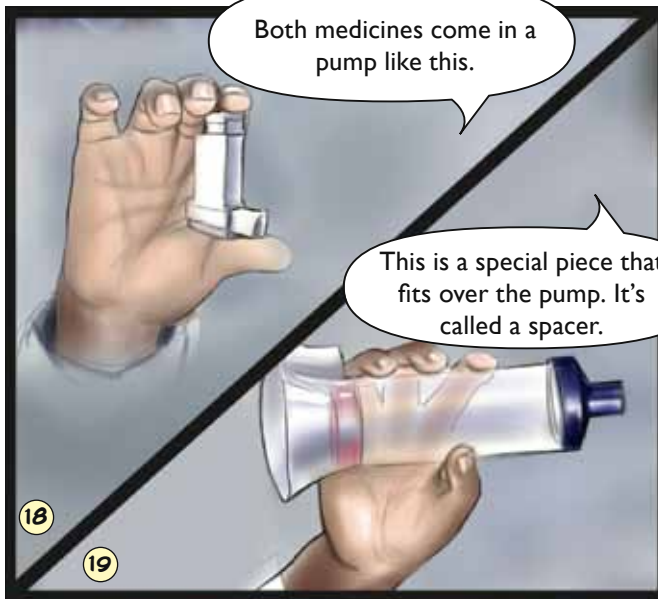


Doctor, will my son be okay?
What can I do for him?

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.

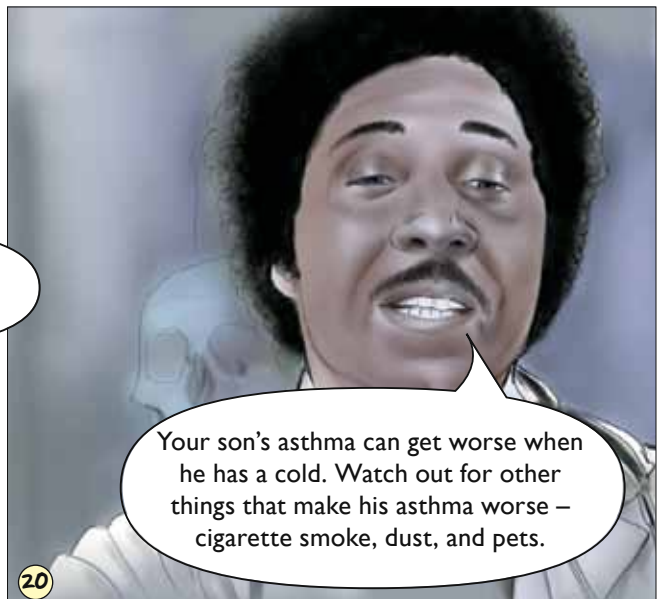


You give him the "controller" medicine every day, even when he feels good. You give him the "rescue" medicine only when his asthma gets bad.



Both medicines come in a pump like this.

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



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.



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



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

The show has a happy ending!



And... Action!

Angela, are you back?

Yes, my love. I am yours. Forever.

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But what about your father? Did he say yes?

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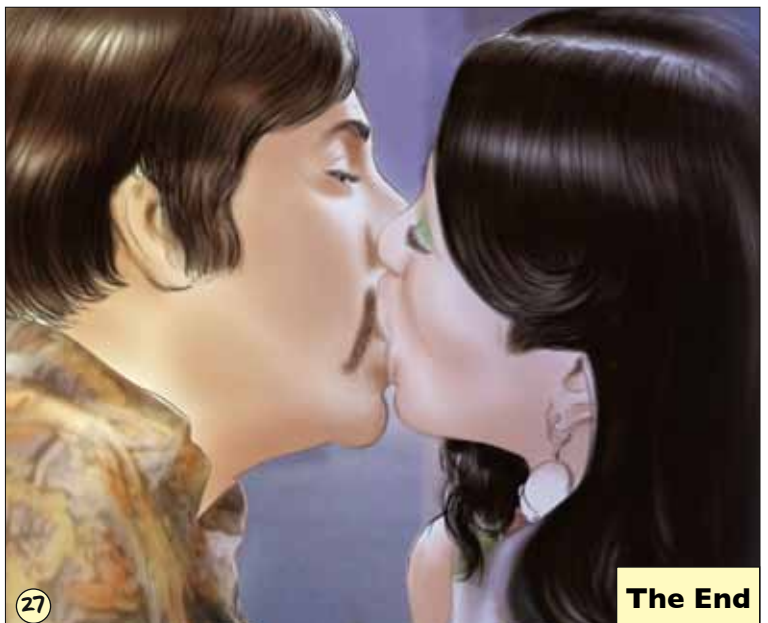
Now he sees what I have known all along.

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You are a good man.

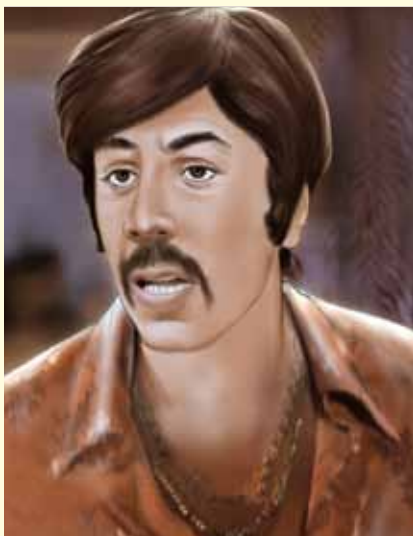
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The End

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.

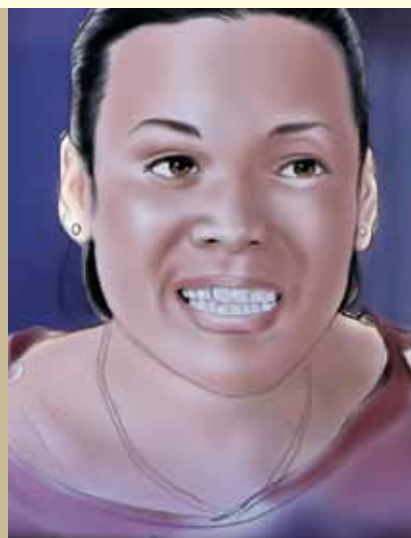


JAMES

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.



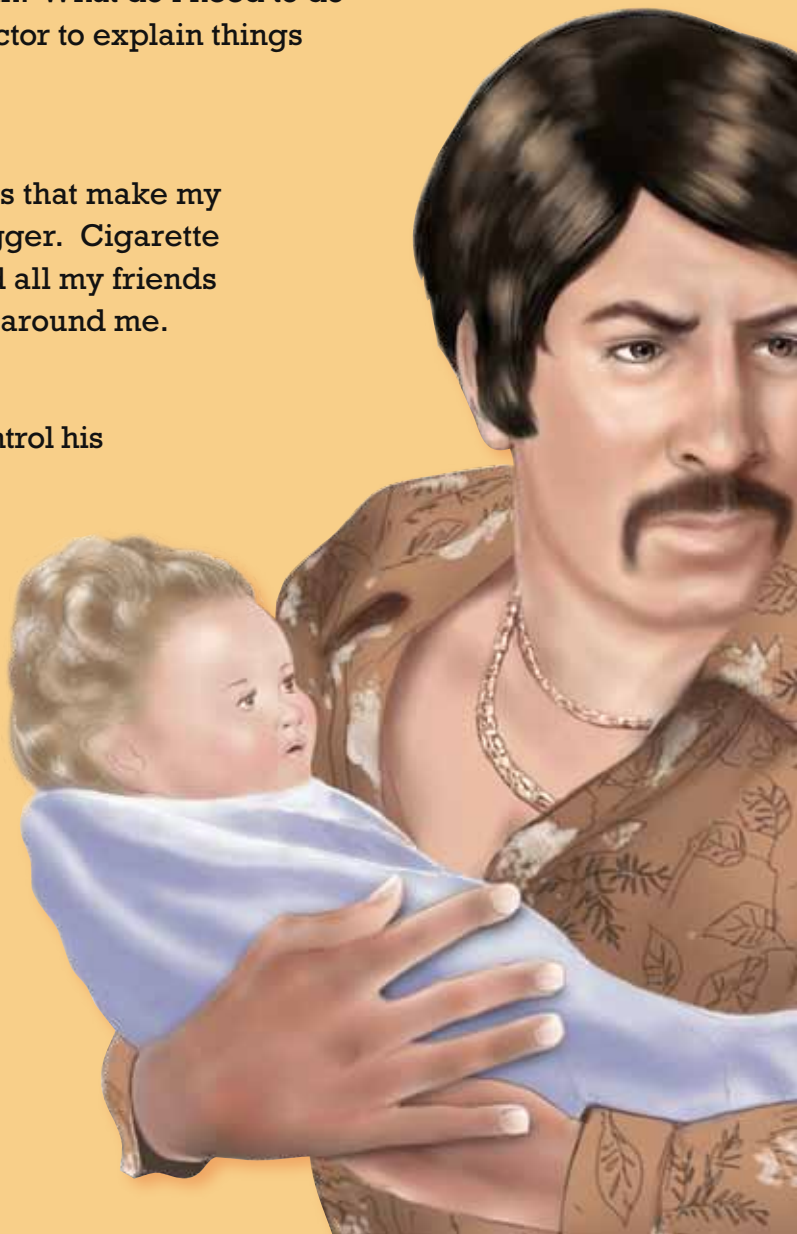
DOCTOR

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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