Where to Find Asthma Information, Education, Resources and Support

by ANGLEA FINLAY

Helpful Asthma Resources

There’s no doubt about it: the more you know, the more control you can take over your health. Luckily, there’s also no shortage of asthma information out there, and a variety of avenues to lead you to it.

However, not every piece is accurate. In some cases, opinion is passed around as fact and the wrong info can lead you into dangerous territory. Start your search with these sound resources, which will lead you to the help, knowledge and people you need to live better with asthma.

Learning More About Asthma

If you’re ready to learn more about your condition (and why shouldn’t you be?) it’s best to begin with reputable, up-to-date sources. Your doctor is a natural starting point, but you can move on to these trusted websites and blogs to learn more on your own time:

American College of Allergy, Asthma & Immunology

A big site with a lot to say, this is a good place to come when your asthma is closely tied to allergies and you need some direction and answers from a professional. You can ask an expert allergist by submitting your question through the site, or if you’re in the market for a new specialist, search for allergists in your area.

Another good aspect of the site is the podcast link; if you’re not up to sifting through pages of text, check out one or more of the recent audio posts for some easy and insightful listening.

American Lung Association

When it comes to rating resources, reputation and focus are important factors to consider — and the American Lung Association checks both boxes. It’s a large site, but take some time to explore the reference material, plus keep updated on the improvements in treatment and advancements in asthma research happening right now.

KidsHealth

A perfect place to go for relevant, clear and updated info on health conditions that impact kids — either directly or indirectly.

The great thing about this site is it covers all the bases: there’s a place for parents and educators to learn about the facts that are relevant to caring and teaching a child with asthma, but there’s also plenty of engaging pages to help kids understand their condition on their own, too.

U.S. Environmental Protection Agency

Why not take a look at asthma from a policy perspective and get in touch with environmental measures that can help or hinder your life? The EPA is committed to bringing you sound information on controlling asthma, as well as recent achievements and campaigns to improve the outlook for asthma patients. Since it's linked with local, state and federal partners, you can see what's happening on every level — and how you might be able to help.

It's natural to jump from one site to another in your quest for more answers, but the more discriminating you are, the better your asthma-fighting arsenal becomes. In general, well-informed, well-updated and medically reliable website URLs will end with .edu (for educational institutions), .gov (indicating government publications), or .org (non-profit organizations).

Online Asthma Support

The importance of good, reliable support cannot be understated when you live with a chronic illness. Friends and family, though caring and willing to help, don't always understand asthma enough to lend the support you really need. However, there are dozens of online communities — including the NewLifeOutlook|Asthma community! —that offer comfort and camaraderie.

DailyStrength.org

Hosting a huge network of people with a variety of conditions, Daily Strength is well worth a visit. It's very well-organized and extremely popular, which means you'll be able to navigate the forums easily and find new, active discussions on a variety of asthma-related problems. While you're there, check out the expert columns and health blogs for good insight and info.

WebMD

Perhaps the most well-known health site out there, WebMD has even more resources than you might realize. The articles are medically-reviewed and the forums are moderated — which makes for a professional, focused conversation. Since it's so well-known and so often visited, you're likely to run into someone who shares your feelings or concerns that you can lean on for support.

MDJunction

This entire site is focused on forums and platforms for discussion, which makes it a simple, go-to spot for anyone looking to connect. The asthma forum is active, plus there's a section to share personal stories, rants and questions. It's a great way to get your worries off your chest, but it can also spark helpful discussion and offer solutions that you didn't realize you were looking for.

Asthma Advocacy and Community

Getting directly involved in the fight against asthma is one of the quickest ways to get accurate info and take control over your condition. When you're ready to get proactive, reach out to your local asthma groups — your doctor may be able to point you in the right direction.

There are plenty of events and campaigns that take place on a larger scale, too. For instance, if you're itching to get out and do something significant, join in a Lung Force Walk organized by the American Lung Association, which take place across the country to raise money for lung cancer research. As a person who knows the trials and worries that come with a chronic respiratory illness, you can lend some empathy and meet up with likeminded people.

The Allergy and Asthma Foundation of America is an excellent repository of advocacy info, and their website can help you find a local or state chapter where you can offer a helping hand. There's all sorts of information, from the laws and regulations governing asthma-related issues, to addresses for your elected officials, and a schedule of fundraising events to peruse.