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May 9, 2008

**PRESS RELEASE – For Immediate Release**

Contact: Elvia Caldera, Asthma Program Coordinator, 737-5988

**May is Asthma Awareness Month- Special Education Class Offered**

TWIN FALLS- St. Luke's Magic Valley and South Central Public Health (SCPH) will host a special Asthma Education Class to help promote Asthma Awareness Month. It will be held on Thursday, May 15 from 6-8 p.m. at the St. Luke's Education Building- Sage Room.

This class is designed to help asthmatics (newly and previously diagnosed) to better understand their condition. The class will cover: what is asthma, identifying the stages of asthma, asthma management, and skills to properly using asthma medication. After the instruction, respiratory therapists will be available for one-on-one consultations. This will be an opportunity for participants to ask questions and express concerns.

Since space is limited, it is necessary to reserve a spot by calling St. Luke's at 737-2700. For those that are unable to make this special event, regularly scheduled classes are offered every 3<sup>rd</sup> Thursday of the month.

If you would like more information regarding asthma and/or this special Asthma Education Class, call Elvia Caldera, SCPH Asthma Program Coordinator at 737-5988.

In the United States alone, more than 6 million children suffer from asthma, which is the most common serious chronic disease of childhood. In addition, asthma accounts for one third of all pediatric emergency room visits and is a leading cause of school absenteeism.

In Idaho, 21,000 children and 131,000 adults have asthma.

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