

It is estimated that 2.5 million Canadians are affected by asthma. Asthma's severity is different from person to person. It can flare up at any time and then not appear for long periods.

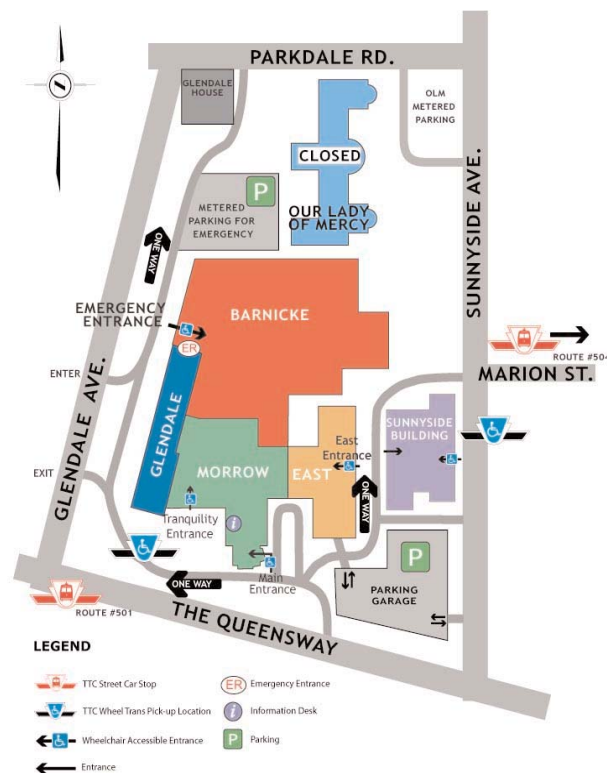
Today, Asthma can be managed well, especially if you take an active part in your care.

We look forward to working together with you and helping you to adopt healthier lifestyle choices, and to help you improve your quality of life.

**Your Appointment:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_



When you arrive for your appointment, please go to the registration office located inside **TRANQUILITY GARDEN ENTRANCE** Glendale Wing, Ground Floor.

*Ambulatory  
Care Centre  
Asthma Clinic  
at St. Joseph's Health Centre*



# Ambulatory Care Centre Asthma Clinic

## *How did I receive an appointment in the Asthma clinic?*

Your family doctor or your respirologist has referred you to the Asthma clinic.

## *What is Asthma?*

Asthma is a chronic lung condition, characterized by difficulty in breathing. People with asthma have extra sensitive airways. The airways react by narrowing or obstructing when they become irritated. This makes it difficult for the air to move in and out. This narrowing or obstruction can cause one or a combination of the following symptoms: wheezing, coughing, shortness of breath and chest tightness.

(Lung Association)

## *Why do I need to be referred to the Asthma Clinic?*

By meeting with our Asthma Clinic team, you will learn more about your condition. It is our hope that this information will help you to better manage your care and thus, feel better. In managing your care more closely, we will try to decrease the need for you to be an inpatient in the hospital.

## *Who are the people on the Asthma clinic team?*

The team is composed of the following health professionals:

- Respirologist
- Registered Nurse
- Registered Dietitian
- Registered Pharmacist
- Pulmonary Technologist

## *What should I expect?*

- Please arrive at least 20 minutes before your appointment to allow time to register.
- During your initial visit you will meet with the members of our Asthma Clinic team.
- Your initial appointment will take approximately 2 hours.
- There are several diagnostic tests that may be performed during your visit, for example, blood work, chest X-ray and pulmonary function tests.

## *What do I need to bring with me to my appointment?*

Patients should bring their hospital blue card, health card and ALL medications, vitamins and supplements in the original bottles, not just a list of medications.

\* All applicable diagnostic/lab reports should be faxed with your referral prior to your booked appointment. Please bring all X-ray films/CD's with you to your appointment.

## *Should I bring someone with me to my clinic appointment?*

We strongly encourage a family member to accompany you to your appointment. We are also able to arrange for an interpreter to meet with you and the clinic team, if you wish. Please advise our booking office at least 72 hours prior to your scheduled appointment if you require an interpreter.

## *Where is the clinic located?*

The clinic is in the Ambulatory Care Centre. Please register for each visit in the Registration office, located on the ground floor of the hospital, by the Tranquility Entrance.

## *What number do I call?*

You may call the clinic booking office at 416-530-6043 from Monday to Friday from 7:30 a.m. to 4:30 p.m.

We require a minimum of 48 hours notice for cancellation of your appointment. This will give us the opportunity to book another patient into the clinic.