

Asthma and Airway Centre

Information for patients and families

Read this information to learn:

- What we do
- How we can help
- How to get an appointment
- Where to find more information



What is the Asthma and Airway Centre?

The Asthma & Airway Centre is a place that offers special services for people with asthma and other lung problems.

We can help you:

- ✓ find the cause of your breathing problems
- ✓ find the right treatment
- ✓ help you to manage your condition

Our goal is to help improve your quality of life. We have a team of people who provide the services. They have special training in asthma and other breathing problems.

Our team includes:

- respirologists
- certified respiratory educators
- pulmonary function technologists
- research coordinators

We will work with your family doctor to make sure you get the care you need. Our program provides opportunities for you to take part in important research for lung disease. This helps us to give you the highest quality of care. You can find more information about taking part in research at www.clinicaltrials.gov.

What types of services are available?

We have many kinds of services and special clinics in the centre, including:

- asthma clinics
- occupational asthma clinic
- allergy clinics
- clinics for chronic obstructive lung disease (COPD) and other lung conditions
- education
- quit Smoking Program
- Pulmonary Rehabilitation Clinic
- The Pulmonary Function Laboratory
- research

What is the education program?

Our education program will help you to learn more about your lung disease. You will also gain skills and confidence. This will help you to be a partner in managing your breathing problems.

The education sessions are for patients:

- attending the Asthma & Airway Centre
- who get a referral from a UHN clinic or department

What does the program include?

During the program, you will:

- meet with a counsellor/educator
- take part in education with your family (if you wish)
- learn to manage your breathing problems
- understand more about your medicine
- learn to use your inhalers properly
- have access to reading materials to help you understand, manage, and cope with your condition

The centre is also a teaching resource to other health care providers.

Where is the Asthma & Airway Centre?

Toronto Western Hospital
399 Bathurst Street
East Wing — 7th floor

You can get to Toronto Western Hospital by car or by transit. Parking is available at the hospital, or in nearby city parking lots.

For more information about directions and parking, please go the Parking at UHN website <https://www.uhn.ca/corporate/Directions/Pages/parking.aspx>.

What are the office hours?

The centre is open Monday to Friday, 8:30 am to 4:30 pm.

How can I book an appointment?

Talk to your doctor. Your doctor can fax a referral directly to our offices. If you have any questions, please call for more information.

What if I need to cancel or change my appointment?

If you can't keep your appointment, please call the office at least 24 hours before. Your scheduled appointment may have been to see the specialist or to have some tests. These are hard to schedule.

What should I bring to my appointment?

Bring these things to your appointment:

- health card (OHIP)
- all the medicines you are taking or an up-to-date list. Please also bring any inhalers you are using

If you don't speak English, please let us know. We can arrange for someone to translate, or you can bring someone with you to help.

Please talk to your doctor about any concerns or problems that you have.



Tips for buying medicine:

- **Shop around.** The fees at each pharmacy can be different. You may be able to save on the cost of your medicine.
- **Buy in bulk.** Buy larger amounts of the medicine you take regularly (for example, a 3 month's supply instead of 1 month) to save on the cost of pharmacy fees.
- **Ask about the Trillium Drug Program.** This program may help with the cost of your medicine.

How can I get more information?

For more information please visit our website, email us or call one of our staff listed below:

Website: https://www.uhn.ca/Surgery/Clinics/Asthma_Airway

Email: asthmacenter@uhn.ca

Certified Respiratory Educators

Nikki Breede RRT CRE, CTE

Phone: 416 603 5504 | Fax: 416 603 3456

Meeran Manji RN CRE

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Doctors

Dr. S. Brode MD

Phone: 416 603 5767 | Fax: 416 603 5375

Dr. K.R. Chapman MD

Phone: 416 603 5499 | Fax: 416 603 3456

Dr. A. Lau MD

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Dr. T. Marras MD

Phone: 416 603 5767 | Fax: 416 603 5375

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