

# I'm interested in joining the South Texas Asthma Coalition!

Services/Activities I'm Interested In:

Medical Management

Patient Education

School Care

Epidemiology/Surveillance

Advocacy/Legislative Activity

Questions/Other Interests: \_\_\_\_\_

Name: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
I have enclosed a \$ \_\_\_\_\_  
voluntary donation for membership.

Mail this form, along with your donation (make checks payable to South Texas Asthma Coalition), to:  
8207 Callaghan Road #140, San Antonio, TX, 78230

## About STAC

### Nonprofit Corporation

Recognized by the Internal Revenue Service as a Charitable Tax-Exempt organization (*contributions to the STAC are tax deductible to the extent allowed*)

### Recent Accomplishments

School asthma conference, workshops (CEUs), health fairs, and community asthma initiatives

### Partners

San Antonio and Northside ISD, San Antonio MetroHealth, ALA, AACOG, managed care organizations, Steps to a Healthier San Antonio, CHRISTUS Santa Rosa, and University Health Systems

### Members

Asthma Sufferers, professionals, organizations, and companies interested in helping people with asthma ... **ANYONE CAN JOIN!**



### Monthly Meetings

Second Thursday, 12:30 p.m. at the University Health Center Downtown (formerly Brady Green), 527 North Leona, 3rd Floor, Foundation Room, San Antonio, TX 78207

### Mission

The mission of the South Texas Asthma Coalition is to improve the health of individuals with asthma through intervention, education and research.

The Coalition pursues this mission by supporting and coordinating its members' efforts to improve the health of individuals with asthma through raising public awareness of asthma, public outreach, and education to the community, physicians, and others in the healthcare field.

## What Is Asthma?

Asthma, a chronic illness in which the airways become temporarily blocked or narrowed, occurs due to an inflammation of the airways. This inflammation causes swelling, making the airways narrower. The muscles on the outside of the airways tighten, while mucus production increases becoming thick and sticky.

Inflamed airways also cause the lungs to be overly sensitive and react quickly when exposed to a trigger, such as smoke. Studies show that while a person may not show symptoms, the airways still have inflammation.

Asthma symptoms include a persistent cough (especially during the night or exertion), wheezing, chest tightness, and shortness of breath. Asthma can be controlled with treatment allowing the person to live a normal, active life.

## Asthma Facts

- About 20 million people in the United States suffer from asthma.  
*Source: Environmental Protection Agency*
- About 6.3 million children have asthma.  
*Source: Environmental Protection Agency*
- Asthma accounts for approximately 14 million missed school days annually.  
*Source: Environmental Protection Agency*
- Asthma accounts for approximately 14.5 million missed work days for adults annually.  
*Source: American Academy of Allergy Asthma and Immunology*
- The annual direct health care cost of asthma is approximately \$11.5 Billion; indirect costs are \$4.6 billion, totaling \$16.1 billion.  
*Source: National Institute of Health*
- Nearly 5,000 asthma-related deaths occur yearly.  
*Source: Centers for Disease Control and Prevention*

## STRIKE 3. YOU'RE OUT!

Signs That Your Asthma Is Persistent  
And May Be Out Of Control

### STRIKE 3

You are using a rescue inhaler 3 or more times a week.

### STRIKE 3

You are awakening at night 3 or more times a month.

You are using 3 or more canisters of rescue medication a year.

### STRIKE 3

### ANY STRIKE 3

Means that you have persistent asthma that may be out of control.



## Coalition Goals

- Promote the use of current best practices in diagnosis and management of asthma.
- Improve the exchange of information between members of the community.
- Support the development of community initiatives and programs.
- Create collaborative efforts to support regional and local asthma epidemiology, research and education initiatives.
- Advocate for the needs of children and adults with asthma.
- Develop support for asthma education from public agencies, private philanthropy, and the business community.

## Contact Information

### South Texas Asthma Coalition

8207 Callaghan Road, #140  
San Antonio, Texas 78230  
~~(210) 308-8978 (Rebecca Gray)~~  
~~<http://www.texasasthma.org>~~  
~~Email: [STAC@texasasthma.org](mailto:STAC@texasasthma.org)~~

# South Texas Asthma Coalition

*Working Together Today ...  
For a Healthier Tomorrow*



*More than 44,000 children in the  
Alamo Region live with asthma.*

*-Alamo Region Chapter of the American Lung Association*

*\*\*STRIKE 3™ is a trademark of the University of  
Texas Health Science Center*