

Asthma cannot be cured, but it can be controlled



Children'sSM
Healthcare of Atlanta
Dedicated to All Better

Our specialists can help your child control his asthma

Asthma causes many children and teens to miss school. It also is the main reason they visit Children's Healthcare of Atlanta. That is why we work with you, your child and your child's doctors to care for this condition.

About asthma

Asthma affects the airways. Airways are tubes that carry air in and out of the lungs. Asthma can cause:

- Coughing
- Wheezing
- Chest pain
- Breathing trouble

Asthma attacks

An asthma attack happens when the airways are irritated.

During an attack:

- The airways swell
- Thick, sticky mucus fills the airways
- The muscles around the airways squeeze tight
- It is hard for air to get in and out of the lungs

What causes an asthma attack?

Asthma attacks are caused by triggers.

Triggers are things like:

- Air pollution
- Allergens like dust, pollen, mold, insect droppings or animal fur
- Colds or flu
- Sinus or ear infections
- Physical activity
- Rain, wind, cold temperatures or other weather changes
- Smoke from cigarettes, pipes, cigars, grills, fireplaces or burning wood
- Strong smells from things like perfume or cleaning products

Early warning signs

Most attacks start slowly. You may notice small changes in your child before an attack. These changes are called early warning signs, and they include:

- Mild coughing
- Itchy or sore throat
- Runny or stuffy nose
- Itchy or watery eyes
- Irritability
- Tiredness
- Headache

Talk to your child's doctor about early warning signs and what to do if you see them. If you start treatment early, you often can stop an attack or make it less severe.

Asthma control

It is important for children with asthma and their families to know that it can be controlled. When their asthma is well controlled, children are less likely to:

- Miss school
- Need to go to the emergency department or hospital
- Have a hard time taking part in sports

If your child's asthma is not under control, take steps like:

- Changing medications.
- Identifying triggers.
- Limiting exposure to triggers.
- Identifying and treating other health issues that may cause poor control like:
 - Sinusitis—an infection of the sinus air spaces found in and around the nose
 - Gastroesophageal reflux disease (GERD)
 - Obesity
- Making an appointment with an asthma specialist.

At every doctor's visit, asthma control should be checked and the goals of asthma therapy should be met.

Where to get special care

Your child was born with asthma. It is not contagious. You cannot catch it like a cold. It cannot be cured, but it can be controlled. Our doctors are trained to care for children and teens with asthma or breathing problems.

Appointments are available Monday to Thursday.

Directions

Hughes Spalding

35 Jesse Hill Jr. Drive SE
Atlanta, GA 30303
404-785-9500
General/Valet parking*

Valet parking is free for patients (one car per family). Parking is validated at the information desk at our Hughes Spalding hospital. Show your discharge paperwork. We do not validate parking in the Sweet Auburn Curb Market lot.

Traveling on I-75/85 South

- Take Exit 248D (Jesse Hill Jr. Drive/JW Dobbs Avenue/Auburn Avenue) (0.2 miles)
- Stay straight on Jesse Hill Jr. Drive and cross Edgewood Avenue (0.4 miles)
- Turn right at Coca-Cola Place
- Make a left into the Hughes Spalding entrance and a valet attendant will assist you

Traveling on I-75/85 North

- Take Exit 248B (Edgewood Avenue/JW Dobbs Avenue/ Auburn Avenue) (0.2 miles)
- Turn left onto Edgewood Avenue NE (0.2 miles)
- Turn left onto Jesse Hill Jr. Drive (0.4 miles)
- Turn right at Coca-Cola Place
- Make a left into the Hughes Spalding entrance and a valet attendant will assist you

Traveling on I-20 West/East

- Take Exit 57 (I-75/85 North) and drive 1.4 miles
- Take Exit 248B (Edgewood Avenue/JW Dobbs Avenue/Auburn Avenue) (0.2 miles)
- Turn left onto Edgewood Avenue NE (0.2 miles)
- Turn left onto Jesse Hill Jr. Drive (0.4 miles)
- Turn right at Coca-Cola Place
- Make a left into the Hughes Spalding entrance and a valet attendant will assist you



MAP NOT DRAWN TO SCALE

MARTA Rail

- From the East-West rail line, exit the train at the Georgia State University station
- Go down the stairs, exit the station and turn left onto Jesse Hill Jr. Drive
- Continue on Jesse Hill Jr. Drive for about three blocks
- Hughes Spalding will be on your left, at the corner of Jesse Hill Jr. Drive and Coca-Cola Place

MARTA Bus**

- Bus Stop 99/Route 17 at Jesse Hill Jr. Drive and Armstrong Street
- Follow the directional signs to Hughes Spalding



Visit choa.org/asthma or call 404-785-9960 for more information.

Visit choa.org/locations for door-to-door directions and maps.

*Accurate as of Nov. 1, 2012; fees are subject to change.

**Routes may change. Visit itsmarta.com or call 404-848-4711 for more information.

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Some physicians and affiliated healthcare professionals who perform services at Children's are independent providers and are not our employees.