**Lung Health – Patient Handouts**

A variety of resources are available to assist you in communicating key messages to patients. Here is a summary of some that may be helpful to have available at Station D:

Asthma Action Plan (Asthma Society of Canada)

<https://asthma.ca/wp-content/uploads/2017/08/AsthmaActionPlan_ENG.pdf>

(HealthlinkBC) <https://www.healthlinkbc.ca/health-topics/ug2879>

Occupational Asthma (HealthlinkBC)

<https://www.healthlinkbc.ca/health-topics/hw161562>

COPD Action Plan (Canadian Respiratory Guidelines)

<http://www.copdactionplan.com/CTS_COPD_updated_Action_Plan_editable_PDF_2013.pdf>

COPD (HealthlinkBC)

<https://www.healthlinkbc.ca/health-topics/hw32559>

Healthy Breathing tips

<https://liveboldandbloom.com/10/health/breathe-deeply-live-longer>

Influenza Information (HealthlinkBC)

<https://www.healthlinkbc.ca/health-topics/hw122012>

<https://www.healthlinkbc.ca/health-feature/flu-season>

Pneumococcal Immunization (ImmunizeBC)

<http://www.immunizebc.ca/diseases-vaccinations/pneumococcal>

Second Hand Smoke (HealthlinkBC)

<https://www.healthlinkbc.ca/healthlinkbc-files/second-hand-smoke>

Smoking Cessation

<https://www.healthlinkbc.ca/health-feature/quit-smoking>

BC Smoking Cessation Program (BC Ministry of Health)

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program>

Marijuana Information (HealthlinkBC)

<https://www.healthlinkbc.ca/health-topics/aa52518>

e-Cigarette Fact Sheet (Non-Smokers Rights Association)

<https://nsra-adnf.ca/key-issue/e-cigarettes-fact-sheet-understanding-the-potential-risks-and-benefits/>