

Asthma Tips for Kids

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DENVER — Daniel Graham, tight end for the Denver Broncos, is teaming up with National Jewish Health to help children in the Denver Public Schools better control their asthma and miss fewer days of school.

"Most asthma can be managed, and by educating and bringing awareness to youth and their parents, asthma does not have to stop children from leading a normal life," said Mr. Graham, who has asthma. "It hasn't stopped me." Mr. Graham offers the following tips for kids to help properly manage their exercised induced asthma.

Asthma Action Plan. Ask your doctor for a written asthma action plan. The plan should include what medicine to use to treat asthma symptoms and changes in peak flow zones, what medication to use as a pretreatment before exercise, emergency telephone numbers and a list of things that make your asthma worse.

Proper warm up. Stretching and a proper warm up before exercise, playing sports or vigorous activity will usually help you avoid asthma symptoms.

Take your medication. One of the most important things you can do to prevent exercise induced asthma is to take your medication prior to exercising. If you're going to go out and play sports make sure you've taken your medication 10-15 minutes before you start.

Let people know you have asthma. Teachers and coaches should be informed if you have exercise induced asthma. Let them know you are able to participate in activities, but that you may have to take your medication beforehand.

Stick to a schedule. It's easy to get out of your routine once the summer starts and forget to take your asthma medications. Remember it's very important to stick with them and stay on schedule. With effective management you can perform and excel in a variety of sports.

Mr. Graham grew up attending Denver Public Schools: Samuels Elementary, Hamilton Middle School, and High School at Thomas Jefferson. He also attended the University of Colorado and was drafted in the first round in 2002 by New England Patriots. Daniel signed with the Denver Broncos in 2006, He has shared the same compassion as his mother to give back to the community in which he grew up and now works and lives. In 2006 Mr. Graham and Marilyn Graham, Executive Director, created the Daniel Graham Foundation serving families in the Denver metropolitan area by sponsoring events throughout the year that give area youth opportunities to discover their inner strength and values through health, education and community services.

National Jewish Health is the leading respiratory hospital in the nation. Founded 123 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the media resources page.

Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

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