



WOODCREEK  
PEDIATRICS

Dear Parents of Woodcreek Patients with Asthma:

Asthma is a serious lung disease that affects approximately one in ten American children under age 18. A recent landmark survey entitled *Children and Asthma in America* looked at the current state of asthma and asthma management among children in the United States. It found that a significant number of children with asthma **DO NOT** have their asthma under control. Many of these children had chronic nighttime cough, used rescue inhaler (e.g., Albuterol) more than twice a week, had asthma flares requiring oral steroids (e.g., prednisone), and limited activity in PE or sports participation.

Many children with asthma experience frequent and/or severe symptoms. Children will sometimes “under-report” these symptoms, leading parents to underestimate their severity. A significant number of children require ER or urgent care visits, or even hospitalization, because of their asthma. Many children are over-using their rescue inhalers. Uncontrolled asthma causes activity avoidance, which leads to lower quality of life, and can contribute to obesity. When uncontrolled, asthma not only causes more missed school days (and missed work days for parents) than any other childhood illness, but it can also lead to permanent loss of lung function. However, with proper long-term management, asthma is a controllable disease, and lung function can be preserved.

Woodcreek Pediatrics is placing new emphasis on providing cutting-edge, best-practice asthma care, because we want to ensure that our patients have their asthma **UNDER GOOD CONTROL**. To do this, we will be introducing the new and improved “Asthma Management Visit” at Woodcreek. This will take place at least every six months for patients with persistent asthma, and will include a lung function test called spirometry at least once per year. It will also include education about asthma, medication delivery devices such as spacers, and ways to monitor asthma at home like peak flow meters. Every asthmatic patient will have a written “Asthma Management Plan” which will be reviewed at each Asthma Management Visit. We are confident that our patients will benefit from this increased emphasis on education, monitoring, and preventive care for asthma.

If your child has asthma, or if you think he/she might have asthma, we invite you to schedule an Asthma Management Visit with your child’s primary care provider or with Woodcreek’s Asthma Clinic (253.848.8797, Opt #9). Woodcreek’s Asthma Clinic has two certified asthma educators, but a visit with them is billed as any other office visit at Woodcreek (not as a “specialist” or a “referral”). We appreciate the opportunity to partner with you in your child’s health care.

Sincerely,

Woodcreek Healthcare  
Special Committee on Asthma