

BOOKLETS	UNIT PRICE	No.
What is asthma?	\$ 0.70	
Triggers in asthma	\$ 0.70	
Children and asthma	\$ 0.70	
Controlling your asthma	\$ 0.70	
Asthma; breathing and physical activity	\$ 0.70	
Understanding your inhaler	\$ 0.70	
Breathe easier with COPD	\$ 0.70	
Atopic eczema	\$ 0.70	

MANAGEMENT PLANS		
Asthma Self Management Plan	free	
Child Asthma Plan	free	
Child Asthma Plan Symptom Diary	free	
COPD Management Plan	free	
Diagnosis & Treatment of COPD (algorithm)	free	
Wheel – peak flow levels	\$ 1.00	
Peak flow and symptom diary	\$ 0.80	

EDUCATIONAL RESOURCES		
Breathing tubes (set of two)	\$55.00	
Asthma emergency kit	\$25.00	
“What Maui Learnt about Asthma” (book)	\$ 7.00	

POSTERS		
Does your child cough? (A3)	\$ 1.00	
Asthma First Aid – English	\$ 1.00	
Asthma First Aid – Māori	\$ 1.00	
Te Hā Ora Huangō Set (4 posters)	\$ 5.00	

PAMPHLETS		
Asthma – help yourself & stay well	free	
Asthma and smoking	\$ 0.10	
Asthma in the work place	\$ 0.10	
Don't give asthma a home	\$ 0.10	
Does your child cough?	\$ 0.50	

DVDs		
He Mate Huangō	\$ 5.00	
Cough free — the way to be	\$ 5.00	

**GST WILL BE ADDED TO ALL THESE PRICES**

FACT SHEETS (updated November 2010)	UNIT PRICE	No.
<p><i>PHOTOCOPY PERMISSION GRANTED</i></p> <p>Full set of the following fact sheets</p> <p><i>Asthma</i></p> <ul style="list-style-type: none"> <li>Adult onset asthma</li> <li>Allergy and asthma</li> <li>Anaesthetics and asthma</li> <li>Asthma First Aid</li> <li>Breathing and asthma</li> <li>House dust mites</li> <li>Moving house with asthma</li> <li>Other medicines and asthma</li> <li>Peak flow monitoring</li> <li>Pets and asthma</li> <li>Plants, gardening and asthma</li> <li>Sport, medication and asthma</li> <li>Talking with your doctor &amp; nurse – asthma</li> <li>Women and asthma</li> <li>Your unborn child, asthma and allergies</li> </ul> <p><i>COPD</i></p> <ul style="list-style-type: none"> <li>What is COPD?</li> <li>What is Alpha-1-antitrypsin deficiency?</li> <li>Energy saving tips for COPD</li> <li>Home exercises for COPD</li> <li>Stress and COPD</li> <li>Talking with your doctor &amp; nurse – COPD</li> </ul> <p><i>Other</i></p> <ul style="list-style-type: none"> <li>What is acute bronchitis?</li> <li>What is chronic bronchitis?</li> <li>What is bronchiectasis?</li> <li>What is bronchiolitis?</li> <li>What is Buteyko?</li> <li>What is croup?</li> <li>What is chronic persistent wet cough?</li> <li>What is a spacer?</li> <li>What is spirometry?</li> <li>Cannabis and the lungs</li> <li>Complementary &amp; alternative medicines &amp; therapies</li> <li>Long term oxygen therapy</li> <li>Lung cancer</li> <li>Safety of inhaled corticosteroids</li> <li>Spacer or nebuliser?</li> <li>Steroid tablets</li> <li>Stopping Smoking</li> </ul>	\$ 7.00	

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**the asthma foundation**  
Better respiratory health for New Zealanders

**Resource Order Form**

**Postage and packaging costs will be invoiced on all items.**

Please do not send money now.

Organisation:

Contact Name:

Postal address:

Invoice to:

Your Order number:

Contact phone:

Fax:

Email:

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**OFFICE USE ONLY**

Invoice number:

Date:

