

This month's feature topic

Living with Allergies and Asthma

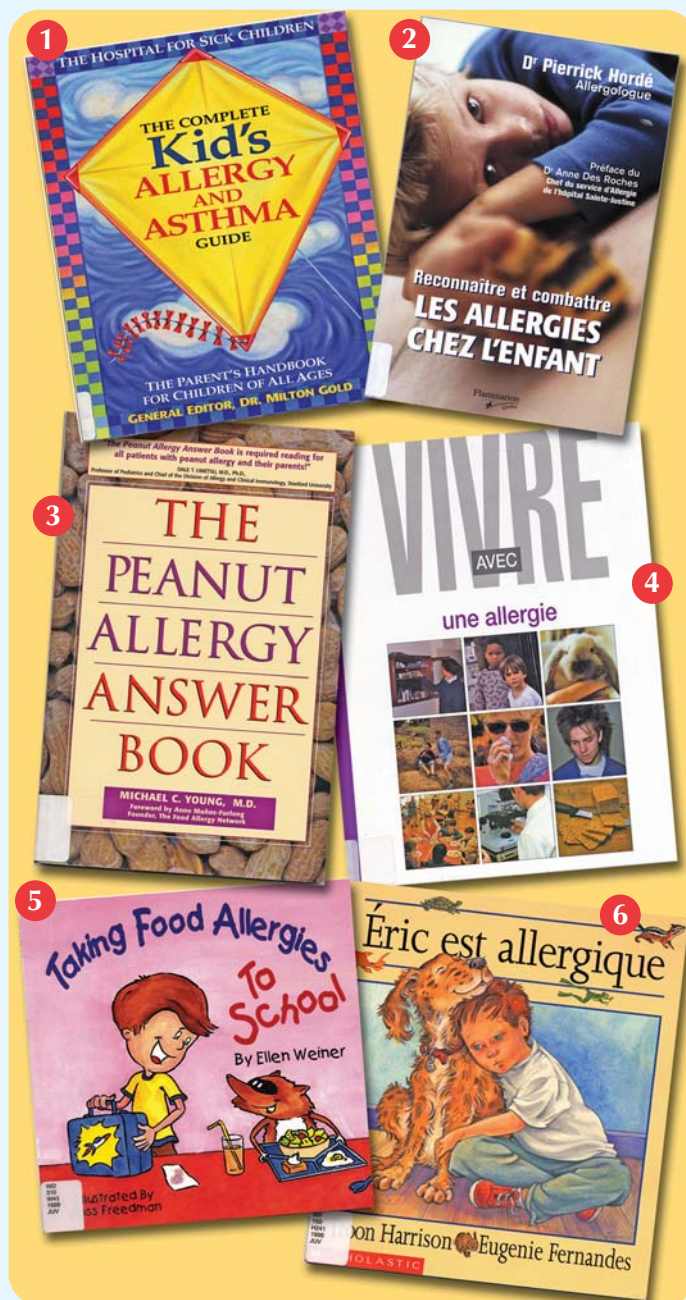
About 25% of all children suffer from some sort of allergic disorder. These can include asthma, hay fever, food allergies or eczema. Allergies are amongst the most common chronic health conditions affecting children. Symptoms can range from a simple runny nose or rash, to more severe reactions such as difficulty breathing, throat tightening and shock.

The Family Resource Library has many resources that can help your patients and their families learn more about allergies and asthma. We can provide support in many ways such as providing excellent reading materials for parents, the children affected and even for their teachers. It is always a good idea to make the staff at school and classmates aware of what allergies and allergic reactions are all about.

Other resources include recipe guides for those with particular dietary restrictions, websites for keeping up to date on the latest "allergy" news, and our collection of materials about parenting a child with a chronic medical condition.

The Library has many books in English and French on living with asthma and allergies. These titles and many more are available to staff and families:

- 1 The Complete Kid's Allergy and Asthma Guide: The parent's handbook for children of all ages
Milton Gold
- 2 *Reconnaître et combattre les allergies chez l'enfant*
Pierrick Hordé
- 3 The Peanut allergy answer book
Michael C. Young
- 4 *Vivre avec une allergie*
Tony White
- 5 Taking food allergies to school
Ellen Weiner
- 6 *Éric est allergique*
Troon Harrison



Visit our web site:
www.mchfamilylibrary.ca

The Library web site features a 'Links' section where parents can access a comprehensive list of health search engines that the Library reviews on a regular basis.

We feel strongly that the library is a complementary resource to the care provided by the Children's staff and so we make it clear to families that medical material is provided for information purposes only and does not replace the advice of a physician, nurse or other healthcare professional.

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The Montreal Children's Hospital
where kids come first
McGill University Health Centre

Opening Hours
Monday 8:30 a.m. - 8:00 p.m.
Tuesday 8:30 a.m. - 4:00 p.m.
Wednesday 8:30 a.m. - 4:00 p.m.
Thursday 8:30 a.m. - 8:00 p.m.
Friday 8:30 a.m. - 4:00 p.m.
Saturday 10:00 a.m. - 4:00 p.m.