

## **Asthma Camp offers Summer Fun and Better Breathing**

By Kyle Swift

Asthma is a chronic disease where the airways in the lungs are inflamed. This makes it difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath and/or chest tightness. Asthma can be minor or it can interfere with daily activities. In some cases, it may lead to a life-threatening attack.

In 2015, the Center for Disease Control and Prevention reported there were approximately 6.3 million children who have asthma. Living with asthma is difficult for adults; just imagine how a child endures those limitations.

For the second year now, the Cardiopulmonary Department at Woodland Heights is working to send local children to the Texas Asthma Camp in Tyler, TX. The camp has been in place since 1985 and seen more than 2,000 participate.

The week-long camp offers children between the ages of seven and 14 the opportunity to learn about their disease and how to properly manage it through education presented by trained professionals. The kids have a great time playing with other children who have the same breathing problems as them and have the opportunity to make friends and build relationships that can last a lifetime in a safe and fun environment. Participants also learn how to take an active role in managing their asthma at home, at play, and during school

Last year, the department was able to send two children to camp through fundraising sales and other donations. These kids had such a positive, fun experience at the camp, we hope to see even more kids take advantage of the opportunity.

For more information on contributing to this cause or if you know of anyone who would benefit from this camp please contact the Cardiopulmonary Department at Woodland Heights at 936-637-8789.

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