

Meet the 'Asthma Blues' Man With a Plan

By Gary Fitzgerald

I can win this battle,
A battle I refuse to lose,
If I manage asthma with a plan,
I know that I can
Beat these "Asthma Blues"

— Al Keith

Al Keith is a man of many passions – respiratory health, education and music, just to name a few. Why not merge all his passions together?

Keith put his creative energy to work. A Chicago respiratory therapist by day and a jazz and blues performer by night, he produced a 7-song CD titled "Asthma Blues" to help parents and families better manage their asthma symptoms. Keith played bass guitar and provided vocals.

"Music is the universal communicator and it has the power to color emotions and influence behavior," he says.

Lyrics are based on National Asthma Education and Prevention Program (NAEPP) guidelines. Songs include "Get Your Peak Flow On," about using a peak flow meter to measure lung function, and "You Need An Action Plan."


"I have so many people ask me, 'Asthma Action Plan – what's that? How do I get one?'" he says. "Hopefully this will encourage them to open a dialogue with their doctor."

Keith performed at the Association of Asthma Educators and the American Academy of Physician Assistants in Allergy, Asthma & Immunology conferences in San Antonio. He is scheduled to perform at Allergy & Asthma Network's booth at the American College of Allergy, Asthma & Immunology (ACAAI) annual meeting in

Atlanta in November.

Listen to a sample of "Asthma Blues" at www.asthmablues.com.

Download an Asthma Action Plan at www.aanma.org/actionplan. It covers everything you need to monitor and treat your asthma. Take it with you to your doctor appointments.




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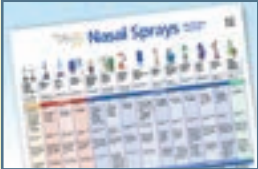
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