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Dear Health Care Professional:

New research continues to suggest that asthma has devastating effects on Americans and in particular minority groups. It is an epidemic among African Americans as over 4 million are affected by the disease. As a member of the National Medical Association (NMA) and a health professional who has a passion for asthma management in between doctor's visits, you are encouraged to become an *NMA Asthma Champion*.

An NMA Asthma Champion should be a member of the NMA, and a certified health care professional who specializes in treating asthmatic patients, and willing to provide a presentation to other health care professionals with similar interests. The core thrust of the pre-packed presentation is to promote the Guidelines Implementation Panel (GIP) messages on asthma. If these messages are followed, they will improve asthmatic patients' health outcomes. The six GIP messages are:

- 1) Use Inhaled corticosteroids to control asthma.
- 2) Use written asthma action plans to guide patient self-management.
- 3) Assess asthma severity at the first visit to determine initial treatment.
- 4) Assess and monitor asthma control at each follow-up visit and adjust treatment if needed.
- 5) Schedule follow-up visits at periodic intervals.
- 6) Control exposure to allergens and irritants that worsen the patient's asthma.

The Power Point presentation entitled, "Putting Guidelines Implementation Panel (GIP) Messages into Practice," and the pre and post tests to an audience of other health professionals, are all provided in the NMA's online asthma tool kit. Our Asthma Champion in essence agrees to partner with the NMA in expanding its education and outreach efforts through its Asthma and Allergy Rescue Project to reduce asthma disparities.

If you are interested in becoming an NMA Asthma Champion, please fill out the, "Asthma Champion Form," which is located within the NMA Asthma On-Line Tool Kit. Once completed please either email it to [rdouglas@nmanet.org](mailto:rdouglas@nmanet.org) or fax to 202-347-0722. If you have any questions or simply would like more information, please feel free to contact us at 202-347-1895 ext 241.

Sincerely,

*Michael Le Noir, M.D.*

Principal Investigator  
NMA Asthma and Allergy Rescue Project