

**ADVENTURES OF THE
HIDDEN
ASTHMA
TRIGGERS**

WRITTEN BY TRESHA JOHNSON

ILLUSTRATED BY JOEL JACKSON

**FOREWORD BY
DR. DOUGLAS J. MCLAUGHLIN, MD**

FOREWORD

The diagnosis of asthma can be overwhelming in terms of healthcare dollars spent, hospitalizations interrupting work and the numbers of people affected, but in the eyes of a child, being able to play, sleep at night or go to school matter most. Savion and his mother, Tresha, had the initiative to create this children's story based on their experience with asthma. Savion had the courage to accept his diagnosis and reassure his mother, and Tresha had the courage to make her voice heard to other families struggling with asthma. Sometimes that voice can influence other families in a way a medical professional cannot. In this book, children learn that controlling asthma is more than using an inhaler. While taking an imaginative and fun trip through the body's airway, children learn to control and avoid triggers that make their asthma symptoms worse. I am proud of Savion and Tresha for the work they put into this story and honored to be asked for my medical input. The best asthma care happens when children, parents, schools, healthcare professionals, researchers and legislators listen to one another.

Dr. Douglas J. McLaughlin, MD
Nationwide Children's Hospital

In loving memory of my Mother "Flora M Wilder."
She never allowed asthma to stop her from being a remarkable mother, grandmother, bus driver, Sunday school teacher, church usher and a wonderful listener!

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**Savion wakes up in the middle of the night coughing and wheezing.
He starts to complain his chest feels tight and he can't breathe.**

**His mother gives him his rescue inhaler through
a spacer to relieve his asthma symptoms.**





She becomes very concerned; then rushes him to the Asthma Clinic.

At the clinic, Nurse Flora X-Ray greets them with her special medical cart full of equipment to search for what is making Savion sick.





**She uses a thermometer to check his temperature.
It seems to be fine. She checks his blood pressure by placing a cuff
around his arm, but that's not the cause of him being sick, either.
“What is causing you to be sick?” asks Nurse X-Ray.**

Finally, she places a stethoscope to his chest and hears a very different sound. Not a heart beating “bu bum, bu bum” or a stomach growling “grr, grr,” but more like a purring sound coming from inside him.

“What is that sound I hear?
Do you have any pets at home?” Nurse X-Ray asks.

“Yes, I have a cat named Bubbles. She has been missing for two days. I have searched and searched for her. I can’t find her anywhere,” Savion says.

“Oh my! I need to get the Doctor right away!” says Nurse X-Ray.

