



AAFA's mission
is to improve
the quality of
life of those we
serve through
community,
advocacy, research,
education and

support. And even though researchers and medical personnel are working hard to uncover new treatments and new pathways to wellness, we can't drive change without your help. Thank you for supporting our efforts. Please join us in 2018 as we continue to not only fulfill but exceed our mission.

Best wishes for good health,

Heidi J. Bayer

Heidi J. Bayer AAFA Board Chair



8201 Corporate Drive, Suite 1000 Landover, MD 20785 202-466-7643 • 800-7-ASTHMA aafa.org • info@aafa.org Severe Asthma Comes With Significant Negative Impacts

A recent AAFA study looked at the emotional, social and financial impacts of severe asthma on adults and their spouses or caregivers. Our My Life With Asthma study showed a need for health care providers to work closely with patients to understand how asthma is impacting quality of life. Together, people with asthma and their support teams can work for better asthma management and treatment goals.

The study showed that people with severe and uncontrolled asthma experience a much greater negative impact on their quality of life:

- 93% said their physical health was impacted
- 71% said their emotional health was impacted
- 72% said their ability to carry out a normal routine was affected
- 63% said their social life was affected
- 51% said their self-confidence was impacted
- 53% said their time with family and friends was affected
- 41% said they feel their asthma is so severe there is no hope for a treatment to make it better
- 35% said they do not use prescribed treatment options because they are too expensive

The My Life With Asthma study also gave us insights on issues affecting treatment choice and medication adherence for asthma. We encourage health care providers to talk with their patients about how asthma affects their lives, not just their physical symptoms. People with severe asthma should know there are treatment options available they may not know about. Biologic therapies reduce the need for oral prednisone (steroids). There are tests available to find out who is a good candidate for this type of treatment.

Read more about the impacts of asthma in the report at aafa.org/asthmalife.

This survey was a research project of the Asthma and Allergy Foundation of America with support from AstraZeneca.



Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be "National Asthma and Allergy Awareness Month." It's a peak season for asthma and allergy symptoms, and a perfect time to educate your patients, family, friends, co-workers and others about these diseases.

Visit aafa.org/awarenessmonth to take action and raise awareness.



On World Asthma Day, AAFA's Asthma Capitals 2018 report ranked the most challenging cities to live in with asthma. The report reveals the areas with the highest prevalence of asthma, the highest number of ER visits and highest numbers of asthma fatalities.

Visit asthmacapitals.com to read the report.

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A WORD FROM AAFA'S CEO Together, We Can Improve Outcomes for Children



As the Asthma and Allergy Foundation of America's new CEO, I am impressed by the power our community has to drive asthma and allergy awareness. In my first month on the job, we posted an open letter to Sony Pictures about the harmful portrayal of food allergies in the movie Peter Rabbit. Our community helped it go viral and Sony apologized.

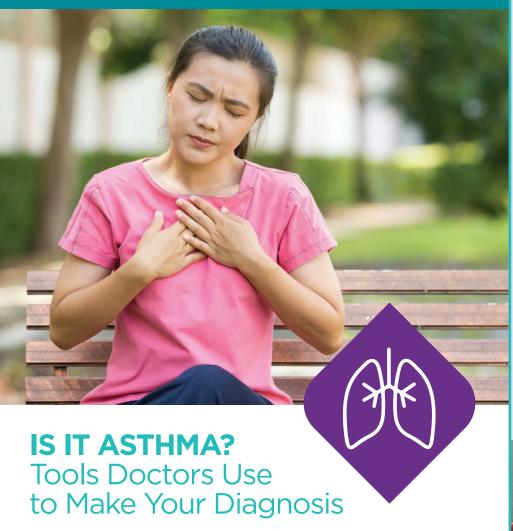
As part of our efforts to raise asthma awareness, we continue to offer support and resources to drive better outcomes. The Centers for Disease Control and Prevention (CDC) has released their Vital Signs report on childhood asthma. Asthma attacks and hospitalizations declined between 2010 to 2016. Yet I still wonder what we can do to reduce asthma rates even more. About three million children still had asthma attacks in 2016, and one out of six ended up in the emergency room. That's still too many children who miss school, sit out of activities or are at risk of dying from asthma.

The CDC's National Asthma Control Program, a successful program that helps our community, faces a drastic cut in funding in 2019. This program funds health departments and state and national programs that help people manage their asthma. I hope you will help us advocate for continuing and growing funding for this program.

Your voice, along with the work AAFA does every day – providing support and educational programs and funding research – will help drive better outcomes for our community. With your help, the future will hold even better news about asthma and allergies. We've made an impact, but we must protect and expand our efforts. Thank you for supporting AAFA and our mission to improve the lives of families managing asthma and allergies.

Kenneth Mendez CEO and President

Asthma and Allergy Foundation of America



There is no one test to diagnose asthma. Instead, your doctor uses several tools to find out why you're having trouble breathing.

During your visit, your doctor may ask questions about your medical history, and about your family too. They'll ask about your symptoms, other conditions (like allergies and eczema), medicines and more.

With a **physical exam**, they may listen to your lungs, check your nose and throat, and take an X-ray. These all help the doctor decide what tests you may need next.

If your doctor suspects asthma, they may choose one or more lung function tests. The most common one is a **spirometry test**. It measures how much air you can breathe in and out, and how fast.

A **peak flow meter** can measure how well air moves out of your lungs.

A FeNO (fractional exhaled nitric oxide) test measures exhaled nitric oxide in your lungs. If nitric oxide is present, it means your lungs are inflamed. This can tell your doctor how much inflammation you have and how well you may respond to certain asthma medicines.

A methacholine [meth-uh-ko-leen] challenge tests the sensitivity of your airways. There are several conditions that have symptoms like asthma, but do not make your airways sensitive like asthma does. If your asthma medicines are not working or your doctor thinks you might not have asthma, a methacholine challenge can rule out asthma.

There are several other tests your doctor can use to diagnose asthma. Together, the test results and your medical history paint a picture to help you and your doctor create the right treatment plan.

Going for Gold to #TackleAsthma

If you have asthma, you can still be active and win a few medals along the way. Megan Roberts, AAFA's Community Engagement Manager, is proof of that. Roberts is a dragon boat coach and enjoys paddling. In 2017, she got the opportunity of a lifetime to compete for Team USA in the 13th International Dragon Boat Federation's Nations World Championships in Kunming, China. Despite facing multiple triggers and poor air quality, proper asthma management and determination helped Roberts bring home not one but six medals! Way to go, Megan and Team USA! Read about her compelling journey at aafa.org/megan-usa.



By fundraising for the Asthma and Allergy Foundation of America, you'll make a difference to millions of Americans living with asthma and allergies. Our generous donors, fundraisers and partners make our work possible.

Visit aaafa.org/fundraise to get started with our easy online tools or to request our fundraising kit.

Photo credit: Jim Morris

Vegan Meringue:

Egg-Free Bean Juice Magic!

If you manage an egg allergy, you are probably familiar with the many egg substitutes that can be used in cooking and baking. However, delicate, melt-in-your-mouth meringues have always been elusive. It was discovered that aquafaba, the cooking liquid from garbanzo beans, could be used in place of egg whites or whole eggs.

3 Tbsp = 1 egg

Aquafaba can also be whipped to create a foam like egg white meringue. Once whipped, it can be sweetened. This delicately sweet foam can be used in place of whipped topping or piped onto baking sheets to make meringue kisses or other shapes.

So, the next time you open a can of beans, save the aquafaba and try this vegan treat.



Aquafaba Whipped Topping or Meringues

- Aquafaba drained from a 13-15 oz can of garbanzo beans (chickpeas)
- 1/4 tsp tsp cream of tartar
- ½ ¾ cup granulated sugar
- ½ tsp vanilla or other flavoring (optional)

Directions

Put the aquafaba and cream of tartar in the bowl of a stand mixer with whisk attachment. Whip it at high speed until firm peaks form. If it has been whipped enough, you can turn the bowl upside down and the foam will not move or slide.

While still whipping, slowly pour in the sugar. Whip until it is glossy. Stir in flavoring, if using.

At this point, you can use the "fluff" as a whipped topping or make meringues. Pipe or scoop it onto parchment paper in small blobs. Bake in a preheated oven at $100^{\circ}\text{C}/200^{\circ}\text{F}$ for $1^{1}/_{2}$ to 2 hours. Let cool. Store in airtight container.

Kids With Food Allergies (KFA) offers a collection of more than 1,300 allergy-friendly recipes. Safe Eats® is a free resource for families managing food allergies.

Our Clean Air Crisis

The air we breathe is one of the greatest threats to our respiratory health. Millions of people worldwide die prematurely each year from air pollution. Air pollution affects children the most. Evidence links air pollution to pre-term births, underdeveloped lungs, reduced lung function and asthma. In the U.S., of the 25 million who have asthma, 10 die every day.

If we don't take action to protect clean air now, the future will be bleak for our children. This problem will not resolve on its own. AAFA advocates for clean air to help those with asthma now, and for future generations as well.

This is a defining year for the state of our air quality as the Trump Administration continues to repeal protections of the Clean Air Act and Clean Power Plan. Knowing the effects air pollution has on asthma rates, AAFA will continue to advocate on your behalf. We ask you to join us by letting your lawmakers know how important air quality is to our respiratory health. The only way to protect clean air is to speak up together.



Can't Afford Your Medicines?

Access to affordable medicine is critical to save lives. If you can't afford your prescription medicines, we have a few tips and resources to help. It is important to talk with your care provider to let them know that you can't afford the medicine they prescribed to you. There are patient assistance programs available for many asthma and allergy medicines.

Visit aafa.org/asthma-assistance for information about asthma medicines or kidswithfoodallergies.org/epinephrine-assistance for information about epinephrine auto-injectors.



MCALLEN, TEXAS Tops Our 2018 Spring Allergy Capitals List

What we enjoy about spring - warmer weather, rain showers and blooming plants and trees - can be what makes this time of year miserable for those with seasonal allergies. And spring hits some areas of the country harder than others. AAFA has released our 2018 Spring Allergy Capitals report, ranking the 100 most challenging U.S. cities to live in if you have spring pollen allergies.

The cities at the top of our list have higher than average pollen, higher than average medicine use and a lower than average number of allergists in the area.

The top five Spring Allergy Capitals are:

- 1. McAllen, Texas
- 2. Louisville, Kentucky
- 3. Jackson, Mississippi
- 4. Memphis, Tennessee
- 5. San Antonio, Texas



If spring has you sniffling and sneezing, there is hope for relief, even if you live in one of our top Allergy Capitals. A board-certified allergist can help you find and treat seasonal allergies so you can enjoy what spring has to offer.

Learn more about managing allergies and find out where your city ranks at allergycapitals.com.

AAFA AROUND **AMERICA**

The Asthma and Allergy **Foundation of America** has five regional chapters. Regional chapters work with volunteers, health care providers, government agencies and local leaders in their community. They also provide a variety of services, educational programs and support.

AAFA Alaska Chapter

toll-free 800-651-4914 aafaalaska.com

AAFA Maryland-Greater DC Chapter

410-484-2054 aafa-md.org

AAFA Michigan Chapter

toll-free 888-444-0333 aafamich.org

AAFA New England Chapter

781-444-7778 asthmaandallergies.org

AAFA St. Louis Chapter 314-645-2422

aafastl.org



Looking for help near you?

There are 40 AAFAaffiliated educational support groups around the U.S. To find a group near you, visit aafa.org/groups.



Spring Cleaning #HealthierHome Checklist

Give your home a spring cleaning with asthma and allergies in mind. Use this checklist to reduce allergens and triggers in each room of your home. CERTIFIED **asthma & allergy friendly**® products can help you improve the air quality in your home. Visit **aafa.org/certified** to find vacuums, air cleaners, air filters, cleaning products, bedding and other products that meet our strict standards. We scientifically test to prove which products are suitable for people with asthma and allergies. If you have severe allergies and asthma, it is best to have someone else do your spring cleaning for you, if possible.



Bedrooms

☐ Remove clutter
☐ Vacuum mattresses and fabric furniture
Replace pillows if more than 2 years old
☐ Wash curtains and throw rugs in water 130°F or hotter
☐ Vacuum/mop under all furniture
☐ Dust behind furniture, like dressers and nightstands
Dust ceiling fans and light fixtures
☐ Dust high closet shelves
$\hfill \Box$ Check allergen covers on mattresses and pillows for wear – replace, if necessary
Replace or clean filters in air cleaners
☐ Have wall-to-wall carpet cleaned by a CERTIFIED asthma & allergy friendly ® cleaning service



Bathrooms

- Fix leaks
- Dust or rinse clean the exhaust fan covers
- Clean and remove mold (check showers, tubs, sinks, toilets and inside cabinets)
- Check shower curtains for signs of mold and mildew replace, if necessary
- ☐ Wash curtains and throw rugs in water 130°F or hotter



Did you know?

In January 2018, the New York City Council passed the Asthma-Free Housing Act (Intro 385B). This is a big step toward creating asthma-friendly rental housing that can improve the lives of many in New York. It requires landlords to inspect their properties for asthma triggers, like mold and pests. If they find them, they have to remove them properly. CERTIFIED asthma & allergy friendly® products and appliances can help reduce asthma and allergy triggers in homes.





□ Vacuum furniture □ Wash curtains and rugs in water 130°F or hotter

☐ Have wall-to-wall carpet cleaned by a CERTIFIED **asthma & allergy friendly**® cleaning service



Kitchen

Fix leaks

Remove mold (check sinks, inside cabinets, produce bins, trash cans and refrigerator seals)

☐ Dust tops of cabinets and range hoods

☐ Wash curtains and rugs in water 130°F or hotter

☐ Clean your garbage disposal with baking soda and white vinegar

The time you spend on spring cleaning is a good investment as it will improve your home's indoor air quality and reduce allergens.

Seasonal allergic rhinitis

Seasonal allergic rhinitis (inflammation of the nose) is sometimes called "hay fever." But, people with seasonal allergic rhinitis do not have to have a fever and do not have to be exposed to hay to develop this condition. It is an allergic reaction to pollen from trees, grasses and weeds. This type of rhinitis occurs mainly in the spring and fall, when pollen from trees, grasses and weeds are in the air. The pollen can build up in your home, causing allergy symptoms even when you are indoors.





Like many people, you could be allergic to dust mites - tiny creatures that thrive in mattresses, pillows and fabrics. These small bugs can have a big effect on your sinuses and airways.

What Is a Dust Mite?

You can't see a dust mite with the human eye. Dust mites eat the tiny flakes of skin humans shed every day. That's one of the reasons why dust mites love to hang out in your bed.

Dust mites are a common cause of year-round asthma and allergy symptoms.

How Do I Know If I Have a Dust Mite Allergy?

Here are some common dust mite allergy symptoms:

- Sneezing
- Runny/stuffy nose
- Itchy, red or watery eyes
- · Itchy nose, mouth or throat
- Itchy skin
- Postnasal drip
- Cough

If your dust mite allergy triggers your asthma, you may also have:

- · Difficulty breathing
- Chest tightness or pain
- A whistling or wheezing sound when breathing out
- Trouble sleeping caused by shortness of breath, coughing or wheezing

If you think you have a dust mite allergy, see a board-certified allergist. They can create a treatment plan with you to manage your symptoms.

How Do I Get Rid of Dust Mites?

You can control dust mites by cleaning the right way and using the right tools. Use CERTIFIED **asthma & allergy friendly®** products which are proven to reduce allergens like dust mites.



Wash bedding weekly in water 130°F or hotter.



Cover mattresses and pillows with allergen-barrier covers.



Use a dehumidifier to keep the humidity in your home under 50 percent.



Clean carpets and fabric furniture at least weekly.



Use allergen-reducing air filters in your air conditioner and/or furnace, and consider a whole-home air cleaner.

Even though dust mites are everywhere, you can control them. AAFA's Certification Program confirms which products improve indoor air quality and reduce your exposure to allergens and triggers. Visit aafa.org/certified to see a list of CERTIFIED asthma & allergy friendly® products (like vacuums, dehumidifiers, pillow covers, washing machines and more) to help you reduce dust mites.



5 Tips to Manage SPRING POLLEN ALLERGIES

If you are allergic to tree and grass pollen, stepping outside each spring can make your allergy symptoms flare. But pollen can follow you indoors too, making it hard to find relief. During the spring pollen season, remember these tips to reduce your exposure to pollen and breathe easier.



Keep all windows closed and use a CERTIFIED **asthma & allergy friendly**® air filter in your air conditioner or heating system. Set your car's air conditioner to recirculate.



After spending time outside, change your clothes as soon as you come inside.



Shower and shampoo your hair each night before bed so you don't get pollen on your pillow.



Keep pollen out of your bed by using CERTIFIED **asthma** & allergy friendly® bedding and wash it weekly in water 130°F or hotter.



Follow your allergy treatment plan: take daily prescription or over-the-counter allergy medicine, use nasal rinses to remove pollen from your nose and ask your doctor about allergy shots.

Managing spring allergies can take a combined approach. It also helps to see a board-certified allergist. They can help you create a treatment plan to make spring a lot more enjoyable. Visit **aafa.org** for more ways to manage your pollen allergy symptoms.





Managing Asthma and Allergies? **WE CAN HELP!**

Visit **aafa.org** for information on asthma and allergies. Our community offers support from others who manage the same conditions. Then check out aafa.org/certified to search for products that meet our standards. We test products and only certify those that pass strict scientific tests to prove they are suitable for people with asthma and allergies. As you shop, look for our CERTIFIED asthma & allergy friendly® Mark. Download our app for an easy way to find CERTIFIED products on the go.







DR. DOUGLAS
JOHNSTON
is our Ask the
Allergist columnist.

Dr. Johnston is a Board-Certified Allergist/Immunologist with Asthma & Allergy Specialists, PA, in Charlotte, North

Carolina. He obtained his DO from New York Institute of Technology College of Osteopathic Medicine. He completed his residency at Winthrop University Hospital in Mineola, New York.

Dr. Johnston grew up with both allergies and asthma. He decided it would be exciting to help people with these conditions. His passion about food allergies also comes from having a child with a peanut allergy.

Information from Ask the Allergist is not a substitute for a consultation with a health care professional. Always talk with your own doctor before making changes to your asthma or allergy management plan.



FOOD ALLERGY LABEL READING TIP:

Common food allergens may hide in ingredients lists for health/beauty products and foods regulated by the USDA. For example, casein is a cow's milk protein. The hidden names can be a lot to remember. Visit kidswithfoodallergies.org to download or print ingredient cards for several top food allergens.

Allergic Living is a magazine for families with asthma and allergies. Each issue offers news, stories, recipes and more! Subscribe today at allergicliving.com.



ASK THE ALLERGISTYour Questions, AAFA's Answers

Question How long do I have to stay in the house away from pollen in order for the allergy symptoms to go away? I stayed in the house five days and the symptoms got better, but then I had to go out.

Answer Since everyone has different allergens and degrees of sensitivity, there is no clear way to know how long symptoms will last. I recommend you see a board-certified allergist who can discuss treatments to control symptoms. I never recommend staying indoors to control allergy symptoms. AAFA offers tips to help you reduce your exposure to pollen at **aafa.org/pollen**.



Question What dog is recommended for people who have asthma?

Answer Pet allergy is caused when you develop an antibody to proteins in the skin, saliva and urine of pets. While there are many types of dog breeds, no specific dog breed is non-allergenic. Many think certain breeds are less allergenic (such as bichon frise, Maltese, Havanese and labradoodle). But, these dogs still may cause allergy symptoms. For example, I get hives after getting licked by my mother's Maltese puppy. I recommend you see a board-certified allergist to find out if you have allergic sensitivity to dogs before getting one. I also recommend spending time with the animal, if possible, to see if you have symptoms.





Asthma and Allergy Foundation of America (AAFA) is proud to support *Breathing Space: Living With Allergic Asthma*, a program created to help guide patients and their caregivers in managing uncontrolled asthma caused by allergic triggers in everyday life.

An estimated 24 million people in the U.S. are living with asthma. Of those people with asthma, 60% of adults and 80% of children have asthma triggered by allergies. This is also known as allergic asthma.

For people with allergic asthma, it's important to avoid exposure to the allergens that trigger their asthma. Sometimes, this means making lifestyle changes. The *Breathing Space* program provides tips from interior designer Robin Wilson and author Jessica Shyba to help families take better control of their breathing space.

Robin Wilson is an interior designer and asthma-friendly home expert living with allergic asthma. Growing up with this condition provided her with a deep understanding of the challenges people with allergic asthma face. Robin shares tips on how to live in style while reducing allergic triggers.

Robin is joined by Jessica Shyba, Instagram star, author and mother of son Jack, who has allergic asthma. Together through *Breathing Space*, Robin and Jessica are helping educate those with uncontrolled asthma and encourage them to speak with a specialist, such as an allergist or pulmonologist. By identifying triggers and learning how to avoid them, people with allergic asthma can keep their asthma controlled.

For more information about *Breathing Space* and allergic asthma, visit **allergicasthma.com**. You'll find videos of Robin and Jessica, as well as downloadable resources to help introduce simple lifestyle changes and encourage productive conversations with specialists, such as allergists and pulmonologists.

This program is a partnership between AAFA and the Allergy & Asthma Network and made possible by Genentech, Inc. and Novartis Pharmaceuticals Corporation.

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Leave a lasting legacy of support by including AAFA in your will. Email info@aafa.org for more information.



YEARS Asthma and Allergy Foundation of America • since 1953 •

In 1953, we formed with a mission to improve the quality of life for people with asthma and allergies through

education, advocacy and research. Today, our mission remains the same but our outreach has grown, thanks to you. We are grateful for your support during the past 65 years and in the years to come.

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