

fresh AAFATM



Asthma and Allergy Information Resource • Winter 2017



Asthma kills. I was reminded of this recently when a friend's nephew died of an asthma attack at twenty years old. Unfortunately,

he's not alone. Ten people per day die from asthma attacks. And while we at AAFA advocate tirelessly on behalf of people with asthma and allergies using every tool at our disposal including education, cutting edge treatment, public policy and caring support – we need to do more. As we approach 2018, please become involved and make a donation of any size. We at AAFA are here for you and we need you to continue our vital, lifesaving work.

Best wishes for good health,

Heidi J. Bayer

Heidi J. Bayer
AAFA Board Chair

Do You Have a **DISASTER ACTION PLAN?**

If you had to evacuate because of a natural disaster, would you be prepared? Would you know how to get safe foods, medicines and supplies?

Hurricanes and wildfires this year left families without homes, allergy-friendly foods and medicines. Most of them had to evacuate without warning. National and local organizations worked together to gather help, many of them learning for the first time how urgent the needs are of those with asthma and food allergies.

As Hurricane Irma evacuees escaped to Georgia, AAFA worked with Karen Harris, President and Founder of Food Allergy Kids of Atlanta, Inc. Harris took action to work with other support groups and food banks to meet the needs of displaced families. Her group got allergy-friendly food into disaster areas.

While you can't predict what may happen, you can be prepared using these tips:



Plan ahead. Don't wait until a disaster hits. Gather supplies and figure out a plan now. Visit aafa.org/disaster for information to help you plan for how you will manage your asthma or allergies.



Stay connected. A charged mobile device with internet capabilities will make it easier for you to connect with local agencies. Also, get the number for your local food bank before the disaster hits. Even if you are in another location, your local food bank will likely be able to connect with an agency near you or a national group like Feeding America.



Check with AAFA and KFA for information. Our websites, social media pages and support center phone line will gather helpful contacts for safe foods, medicines and supplies like masks and medical equipment.



Asthma and Allergy
Foundation of America

8201 Corporate Drive, Suite 1000
Landover, MD 20785
P. 202-466-7643 • 800-7-ASTHMA
aafa.org • info@aafa.org

A WORD FROM AAFA's CEO



In 2016, two separate schools in Texas suspended students for saving the lives of classmates having asthma attacks. The fact that schools punished students for heroic actions shows that many still do not

realize people can die from asthma. Stocking albuterol for asthma emergencies in schools would be a tremendous stride toward reducing asthma deaths. In May, Congress introduced the School-Based Respiratory Health Management Act. This bill would require states to allow schools to keep asthma quick-relief medicines on hand. We need your help to pass this bill. Go to aafa.org/2285 to voice your support and help save children's lives.

Warmly,

Lynda Mitchell

Lynda Mitchell
Acting AAFA CEO

AAFA Editorial Staff

Lynda Mitchell, Acting AAFA CEO

Melanie Carver, Vice President
of Community Services

Tanya Bumgardner, Editor

Nicole Gaghan, Art Director

Kimberly Rafferty, Project Manager

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The Facts About the FLU VACCINE AND ASTHMA

Have you been putting off the flu vaccine? Even though we are entering the height of flu season – which peaks between December and February and lasts until May – it's not too late to get one. If you have concerns about the flu vaccine, here are some answers to common questions.

Is the Flu Shot Safe for People With Asthma?

Not only is the flu vaccine safe for people with asthma, it can be lifesaving. The flu, also called influenza, is a respiratory illness caused by a virus. Because people with asthma have sensitive airways, they have a higher chance of having serious flu complications, like pneumonia and bronchitis, and worse asthma symptoms. It is important that people with asthma get the flu vaccine.

Is the Nasal Vaccine Okay for People With Asthma?

For the 2017-2018 flu season, the Centers for Disease Control and Prevention, does not recommend the nasal flu vaccine for anyone.

Does the Flu Vaccine Make Asthma Worse?

No. Experts reviewed several trials on the flu vaccine given to adults and children with asthma. They did not find proof that the flu shot makes asthma worse. They found the vaccine protected people with asthma.

Can the Flu Shot Make Me Sick?

No. It's not possible for the flu shot to make you sick because the viruses in the shot are inactivated (dead).

If you get sick after getting the flu shot, it may be because:

- You caught another virus going around.
- You caught the flu right before you got the shot and it has not had time to take effect. It takes about two weeks for the flu vaccine to start to work.
- You caught a strain of flu that isn't in the current vaccine.

The flu shot is a critical part of asthma management and could save your life or the life of a loved one with asthma.



FIGHT MOLD Before It Appears

Mold may be something you don't think about until you see it. But to prevent serious health issues, you can take steps to avoid mold growth in your home.

Mold is a fungus found both inside and outside your home, any time of year, especially when it's rainy or humid. It releases spores into the air when disturbed or in windy weather. A few types of mold are known to cause asthma and allergy symptoms when you breathe it in.

Mold grows outside on rotting logs, fallen leaves and uncut grasses. Inside, it likes damp areas, like bathrooms, kitchens, laundry rooms and basements. Mold also thrives in homes with humidity over 45 percent.

Flooding and roof leaks caused by natural disasters – as many faced during Hurricanes Harvey, Irma and Maria – create the perfect environment for mold growth. It can start growing in 24 hours and multiplies fast.

The best way to fight mold is to prevent it from growing in the first place.



Use central air conditioning or a dehumidifier.



Fix leaks and remove sources of dampness.



Make sure rainwater drains away from your house.



As you remove flood damage and storm debris, wear a mask with a particulate respirator with NIOSH and N95 or P100 printed on the mask.

Be proactive to prevent mold to reduce asthma and allergy symptoms. And if you find mold, protect yourself to avoid long-term health issues.

KathyP Bikes to Raise Asthma Awareness

Congratulations to Kathy Przywara, AAFA's Community Director! This year, she trained for and competed in a half century (50-mile) bike ride, while managing asthma. She trained for 4 months, raising money for asthma awareness. She met both her fundraising and biking goals. Thanks, Kathy, for showing us you can stay active when you have asthma! See her journey to #TackleAsthma at [instagram.com/aafakathyp](https://www.instagram.com/aafakathyp).



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

SERVE A FUN AND SAFE BREAKFAST

Free of the Top 8 Allergens

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



Pumpkin Pancakes by Sondra Payne

- 2 cups milk or milk substitute
- 2 tsp fresh squeezed lemon juice
- 3 Tbs canola oil
- 3 Tbs maple syrup
- $\frac{2}{3}$ cup canned pumpkin (or sweet potato puree)
- 1 tsp vanilla extract
- $\frac{1}{4}$ cups buckwheat flour
- $\frac{1}{4}$ cups gluten-free flour mix of choice
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{4}$ tsp nutmeg
- 1 Tbs baking powder

Directions

In a medium bowl combine milk, lemon juice, canola oil, maple syrup, pumpkin and vanilla extract and mix well. Set aside. In a separate bowl, whisk together flours, soda, salt, cinnamon, ginger, nutmeg and baking powder until well combined. Add wet ingredients to dry ingredients and mix until just combined. Let batter rest for 5 minutes.

Grease griddle or pan with canola oil (or fat of choice) and preheat for 5 minutes or until hot. Spoon batter onto griddle or pan and cook until edges are set and bubbles begin to appear (1 or 2 minutes), flip and cook an additional 45 seconds or until done. Serve plain, with maple syrup or also apple butter.

Substitutions

This recipe works well with rice or soy milk as well.

Sorghum or millet flour works well in place of buckwheat. You can also use all gluten-free flour mix instead of half buckwheat and half gluten-free flour.

We're In This Together

Andrew has managed asthma since he was 10 years old. As his asthma has progressed, so has its impact on his life. He can no longer work, spending months each year in the hospital. Each day, simply breathing can be a challenge.

To cope with the stress and fears that severe asthma has caused, Andrew seeks support from AAFA's online asthma support group. For him, receiving support from others also managing asthma has been life changing.

As a not-for-profit, patient-focused organization, our donors play a large role in changing and saving lives. Without our donors, we wouldn't be able to provide important education and support programs to Andrew and others living with asthma and allergies.

As the numbers of people with asthma and allergies increases, the need for education, advocacy and research – the heart of our work – is that much greater. **Thank you for giving generously and continuing to give so we can continue our work to improve health and quality of life.**



You can make your donation easily online by going to aafa.org/donate.

BY THE PEOPLE, For the People



Many look to medical treatments to improve quality of life for those with asthma and allergies. But our laws and lawmakers have just as much impact. To help those we serve from all angles, AAFA makes advocacy a key part of our mission.

People with asthma and allergies are the focus of our advocacy efforts. We hold ourselves to high ethical standards to allow your voice to stand out on issues that protect your life and well-being.

AAFA is the only asthma or allergy nonprofit that is a member of the National Health Council (NHC). The NHC and its members work to give people with chronic diseases and disabilities and their families a united voice. We commit to the NHC's values of integrity and transparency. Our goal is to help everyone get access to quality health care.

Health care coverage, especially for those with pre-existing conditions, has been the center of much debate this year. We created a new tool on our website to help you quickly and easily contact your elected officials to tell them your stance on this issue. Thanks to you, and our collective voices, protections for pre-existing conditions still exist.

We may see more proposed changes to our health care system in 2018, as well as policies on climate change, albuterol in schools and more. As this happens, we will continue to advocate for the best interests of those with asthma and allergies.

aafa.org/advocacy

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 60 AAFA-affiliated educational support groups around the U.S. To find a group near you, visit aafa.org/groups.



Our Program Expands to Improve Air Quality and Reduce Your Exposure to Allergens

In 2017, the **asthma & allergy friendly**® Certification Program tested and certified many new products to give you more options



Improving Air Quality

Research shows that air pollution can worsen asthma symptoms. We've expanded our program to include several new products that are tested and proven to reduce your exposure to air pollution and other asthma triggers.

Mercedes Benz Automotive Cabin Air Filters lower riders' exposure to traffic-related air pollution that can cause health issues and asthma flare-ups.

Trane® CleanEffects™ Air Cleaner improves indoor air quality by removing allergens and particles from the air of the entire home.

LG Air PuriCare™ Round Console, LG Air PuriCare™ Tower and LG SIGNATURE Air Purifiers are Certified to remove allergens and irritants from the air to improve air quality.



Protection Against Moisture to Reduce Mold and Dust Mites

Owens Corning® Pure Safety™ Insulation is mold and mildew resistant with up to 65 percent less dust than comparable insulation.

De'Longhi Dehumidifiers reduce humidity in the home to prevent mold and dust mites. Five De'Longhi dehumidifiers received our Certification mark including the Compact 15-Pint Dehumidifier with Air Filtration, and the Energy Star 45-Pint/50-Pint/70-Pint Dehumidifiers with Pumps.



Removing Allergens

Kenmore Pet Friendly Vacuums from Cleva North America are suitable for allergen control because they effectively contain allergens (including pet dander) and prevent the re-release of allergens back into the air while vacuuming. Three vacuums received our Certification mark: Kenmore Elite Pet Friendly CrossOver™ Canister, Kenmore Elite Pet Friendly Upright, and Kenmore Pet Friendly Upright.



Preventing Dust Mites in Your Beds

Certified **asthma & allergy friendly**® bedding offers proven barriers to allergens (especially dust mites), and are durable enough to hold up to weekly washes in hot water. A number of new options are now available, including:

- **Downlite International Inc.** Dream Science by Martha Stewart Collection Allergy Sleep System (Down Alternative Comforters, Hot Water Wash Mattress Protectors and Mattress Pads)
- **Welspun** Nano Core Sequential Sleep System (Mattress Pad, Pillow, Sheets, Comforter and Blanket)
- **Wicked Sheets** Moisture-wicking Flat Sheets, Fitted Sheets, Pillowcases and the Wicked Little Sleepers Crib Sheets
- **Luxepoint** Natural Silk Duvet, Pillow Protector and Mattress Protector
- **Allied Home** Organic Feather and Down Duvet and Pillow
- **Indo Count** AllerCot 500-thread-count Navy EverClean Sheets and Pillowcase

HEALTHY INDOOR AIR QUALITY

Is a Key Part of Asthma Management

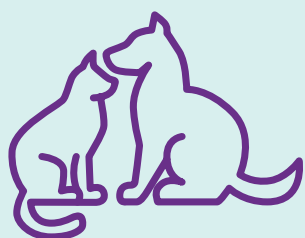
Proper asthma management involves more than taking your medicines. You also have to think about the quality of the air where you spend your time. You may have heard that you should reduce the allergens in your home. That's a great start. But that's only a part of what it takes to create healthy indoor air.

Your home can be full of many types of irritants, like dust, pet dander, smoke, mold, scents and chemicals.

Polluted outdoor air can even come inside through doors and windows. If your indoor air doesn't recirculate often, these pollutants can build up, causing asthma and allergy symptoms. All of these factors can add up to create unhealthy indoor air.

You can improve your home's indoor air quality if you know where allergens and asthma triggers hide and how to manage them.

CLEAR THE AIR IN YOUR HOME:



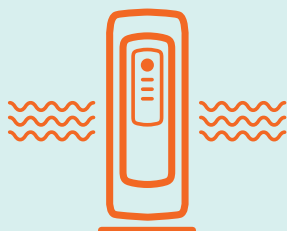
Keep pets out of your bedroom and off your bed



Wash sheets and throw rugs once a week in **130°F** water.



Use allergen barrier bedding



Use an air cleaner (either portable or a whole house solution)

RUN A FAN after showering, **FIX LEAKS** and **CLEAN THE SEALS** around your refrigerator door to prevent mold

Products proven to reduce allergens and asthma triggers can help you improve your indoor air quality.

Our **asthma & allergy friendly**® Certification Program tests and verifies items to help you have a healthier home. This year, we certified Trane CleanEffects™ – the first whole home air cleaner to receive our Mark.



Visit aafa.org/certified to find a list of certified air cleaners, dehumidifiers, vacuums, bedding, furnace filters, washing machines and more.



Dust and vacuum regularly



Clean up clutter

Controlling your indoor air quality takes both diligence and the right tools. But the benefits to your health are well worth it. Our website has more tips on improving indoor air quality at aafa.org/iaq.

asthma and allergy friendly® gift guide

Shopping for someone with asthma and allergies this holiday season? Products to help them reduce asthma and allergy triggers make great gifts. Look for Certified asthma & allergy friendly® products this holiday season.



Toys

A Certified toy is fun, cuddly and perfect for a child with asthma or allergies. They can be easily cleaned to remove allergens, are durable and contain no chemical triggers. Several toys from Kids Preferred are Certified **asthma & allergy friendly®** including:



**Kids Preferred
“My Teddy” Bear**



**Kids Preferred
Developmental Giraffe**



**Kids Preferred Healthy Baby
Blanky Elephant**



Bedding

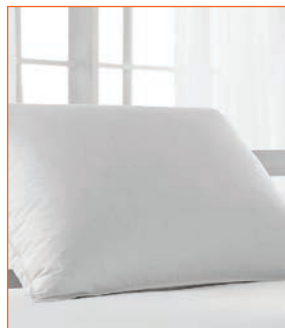
The bedroom has the highest number of allergens of any room in your home. Certified blankets, pillows, allergen mattress and pillow covers, sheets and comforters offer the chance for a restful night of sleep.



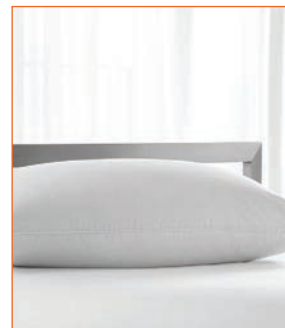
**Dream Science
by Martha Stewart
Collection Allergy
Sleep System Down
Alternative Comforters
by Downlite**



**Brookstone®Tech
Advanced Sheet Sets
by AQ Textiles Inc**



**Ralph Lauren™
300-thread-count
Cotton Down Pillow
by Hollander USA**

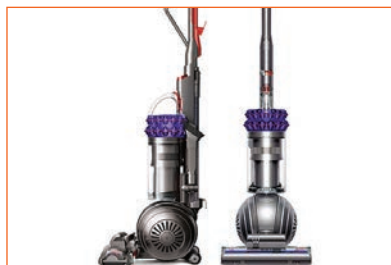


**Beautyrest
240-thread-count
Peachy Polyester
Pillow by Hollander
USA**



Vacuums

Some vacuum cleaners re-release allergens in the air as you vacuum and when you empty them. But Certified vacuums, like the Dyson DC65 Animal, are tested to ensure allergens stay in the vacuum where they belong.



Dyson DC65 Animal vacuum



Dyson V6 Mattress



Kenmore Pet Friendly Upright Vacuum by Cleva North America



Professional Cleaning Services

Stanley Steemer® is the first carpet cleaning service to be Certified **asthma & allergy friendly**® removing an average of 94% of common household allergens from the carpet they clean. Those common household allergens include dust, pollen, and pet dander to name a few. Stanley Steemer's hardwood floor cleaning and tile and grout cleaning services are also Certified **asthma & allergy friendly**®.



LOOK FOR
THIS MARK!

CERTIFIED
asthma & allergy
friendly®

Meets
Certification
Standards



aafa

Asthma and Allergy
Foundation of America
aafa.org/certified



Helping You Create a Healthier Home

Overwhelmed by trying to find the right products to reduce asthma triggers and allergens in your home? You're not alone. We offer two easy ways to help you find products that have been tested and certified as **asthma & allergy friendly**®. Visit our website at aafa.org/certified or use our **Certification Products App** to access information on products mentioned in this guide as well as products from our other partners:

3M Inc.
Benjamin Moore & Co
Bona US
Fellowes Inc.
AAF Flanders Filter Inc.
Nakoma Inc.

Nishat Chunia Limited
Procter & Gamble Inc.
Protect-A-Bed
Pure Zees
Quality Filters Inc.
Rabbit Air

Redfern Industries
Rexair LLC
Royal Heritage Home Inc.
Samhwa Paints
Smart Silk
Tarkett Inc.





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.



ECZEMA TIP:

Washing your hands frequently can irritate eczema on your hands. Consider putting a pump of lotion near your sink so you can moisturize and seal the skin on your hands after hand washing.

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

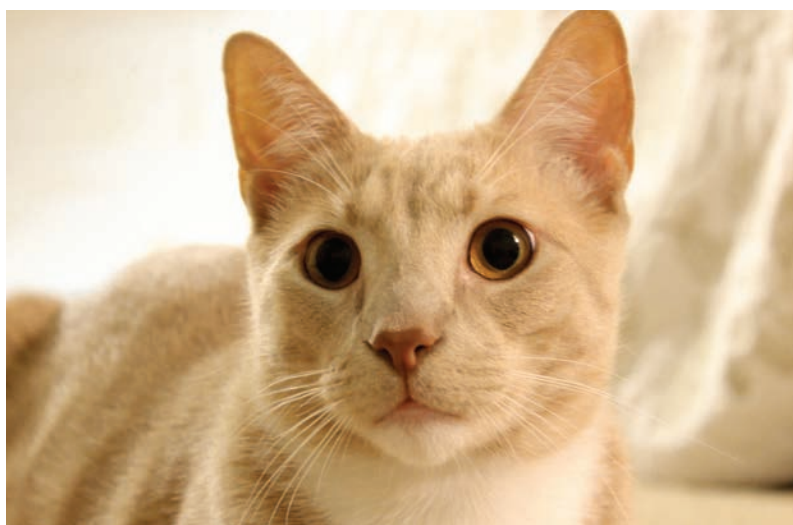


ASK THE ALLERGIST

Your Questions, AAFA's Answers

Question As somebody who lives full time with cats and has a fairly moderate cat allergy, would immunotherapy be worth going through if I'm already exposed to my allergen on a daily basis?

Answer Allergen immunotherapy is a very effective treatment option. It may help reduce symptoms and medicine use in most patients. This would be a reasonable treatment option. I would recommend evaluation by a board-certified allergist to discuss if you're a candidate for allergen immunotherapy. More information about allergy treatment can be found at aafa.org/allergy-treatments.



Question Is it common for asthma to develop very suddenly? I am a 30-year-old, Caucasian female and I have had intermittent shortness of breath for 11 months, but have had everyday attacks for the past 3 months. My allergist and pulmonologist are having a hard time managing my asthma. My spirometry is always "normal" but my methacholine challenge test was stopped after level 3/5. I am really struggling with this!

Answer There are many causes for shortness of breath and I agree with a close follow-up from your allergist and pulmonologist. Asthma can occur at any point in time. It may even occur during adulthood. It is also possible for you to develop new asthma triggers, and the development of allergy can change the severity of asthma. Spirometry is a test of large airways. It is possible to have uncontrolled asthma with a normal spirometry. A methacholine challenge that is negative would make asthma unlikely. But a positive methacholine challenge does not necessarily mean that the problem is asthma. These tests provide clues to help your doctors determine the best or most likely diagnosis. There are many new and exciting treatments available for asthma. But the first and most important step is the correct diagnosis. I recommend continued close follow-up to discuss your symptoms and work on achieving an accurate diagnosis.

Question Can someone be allergic to gold (or the nickel in the gold) but not be allergic to cheap costume jewelry? I would think that if someone is allergic to gold, then they would also be allergic to cheaper jewelry as well.

Answer Contact dermatitis is an allergic condition that can cause delayed reactions to many different triggers, such as metals, chemicals and plant oils. Symptoms include a red itchy rash occurring the next day or several days after contact with the offending agent. Nickel is a very common trigger for contact dermatitis and is often found in jewelry, zippers, buttons and clasps. Gold can also be a contact trigger. It is possible to be allergic to gold and not nickel. Patch testing by a board-certified allergist can help identify triggers and provide ways to avoid them.



ALLERGY VS. SENSITIZATION: What's the Difference?



Sometimes certain foods may show up “positive” on an allergy test, such as a skin prick test, but you may not have an actual reaction to the food when you eat it. Does that mean you are allergic to it? Not necessarily. You may just be sensitized to it.

When you become sensitized to something, it means your body has created an antibody to fight it. But that antibody doesn't always cause symptoms. In other words, it could cause a positive allergy test result to a food you have eaten without any problems.

If you have an immune response with symptoms of an allergic reaction when you eat a certain food, it's an allergy. When you have an allergy to a food, you will need to avoid eating that food to prevent allergic reactions.

Doctors diagnose food allergy most accurately by looking at what happens when you actually eat the food. If foods you eat without having symptoms show up positive on an allergy test, talk with your allergist. You can likely continue eating those foods—allowing you to eat a varied, healthy diet.





Asthma and Allergy
Foundation of America

8201 Corporate Drive • Suite 1000
Landover, MD 20785
aafa.org



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support by including AAFA
in your will. Email info@aafa.org
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ALLERGIST • Allergy vs. Sensitization • **AND MORE!**

