



AAFA Alaska Chapter

The Daily Meter

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From the President

Food allergies affect up to 11 million Americans resulting in 30,000 emergency visits per year. Researchers around the world are working to improve our understanding of food allergy and to develop new treatments. Until they have a significant breakthrough, the only treatment for food allergy is absolute avoidance. People who die from their food allergies typically are away from home, have inadvertent exposure to their food allergen and have experienced a delay in using injectable epinephrine. The Asthma and Allergy Foundation of America Alaska chapter (AAFA-AK) is working to raise awareness of food allergy and make eating out a safer place for people living with food allergies.

AAFA-AK is compiling a book of favorite recipes. Send us your favorite recipe. We will modify the recipe to make it more “food allergic” friendly and include it in the recipe

book AAFA Alaska is creating. We would love to have a short story to accompany the recipe or a special “tip” you might like to share on how you avoid cross contamination or on how you have found success in living a “life without limits” with food avoidance. Share your ideas with fellow Alaskans living with food allergies!

Each day I strive to improve the lives of my food allergic patients. With input from everyone, the world of food allergies becomes much easier and more manageable.

We look forward to receiving your favorite recipe—either a recipe that is already your favorite, tried and true “allergy friendly” recipe or your favorite dish we can “adjust”. Send recipes to:

AAFA Alaska
PO BOX 201927
Anchorage, AK 99520-1927

Or E-mail to:

aafaAlaska@gci.net

Teresa Neeno, MD, President AAFA AK

Curious about what is making your eyes & nose itch, causing your sneeze or triggering a wheeze? Anchorage is now counting pollen 3 times a week. Log on to our website, www.aafaAlaska.com, click on Pollen Count—and follow the steps to see what the current pollen count is. Sign up to receive e-mails with each new count. This is a great way to control your asthma and allergy symptoms. Remember, dry, windy days will most likely have higher pollen counts than wet rainy days.

Pollen Counting in Anchorage! It helps.

AAFA Alaska Mission Statement: AAFA Alaska is a non-profit organization dedicated to improving the quality of life for people affected by asthma and allergies through education, collaboration with community resources, support and research.

Allergic to garlic and/or corn? Be sure to read labels. Catsup can have both of these ingredients!

Many recipes call for catsup—try this homemade version of catsup.



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Homemade Catsup

Glen Muir tomato paste or sauce

- garlic free; water to thin if using paste;
- simmer w/
 - 3/4 c brown sugar,
 - 1 tsp each all-spice, cloves, mace, celery seed and peppercorns, cinnamon
 - 1/2tsp dry mustard (opt)
 - 2 small bay leaves
- After sauce is somewhat reduced, add
 - 2c cider vinegar,
 - salt, cayenne pepper to taste



Using a garlic/corn syrup free catsup recipe, try this BBQ sauce recipe taken from the Joy of Cooking or one of your own favorite recipes that calls for catsup. Then enjoy a safe, worry free BBQ.

“Ferocious Barbeque Sauce”

Joy of Cooking,

Submitted by Sherryl Meek, RD, LD

- 12 - 14 oz catsup (see recipe to the left)
- 1/2 c distilled vinegar
- 1 tsp sugar
- a few grains of cayenne,
- 1/4 tsp black pepper
- 1/8 tsp salt
- 1/4 of a seeded lemon diced fine
- 1/2 tsp cumin
- 1 tsp coriander
- 1/8 tsp paprika
- 1/8 tsp saffron (maybe if you can find it)
- 1/4 tsp ground ginger

Heat the homemade catsup and the rest of the ingredients together. Done!

- 1 medium cucumber, quartered & sliced
- 1 medium tomato, chopped
- 1/2 cup chopped green pepper
- 1/2 cup chopped sweet onion
- 2 tablespoons lime juice
- 2 tablespoons red wine vinegar or cider vinegar
- 3/4 teaspoon dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Combine vegetables & liquid in separate bowls. Pour liquid over cucumber mixture. Refrigerate for 24 hours. Enjoy!

Cool

Cucumber Salad

Contributed by Jill Barnes, ANP

EDUCATION is a key part of being in CONTROL of your asthma!

Wee Wheezes: designed for parents of kids up to age 6

Asthma Care Training (ACT): training parents & kids ages 7-12 years

Power Breathing—Teens Only ☺ teaches teens by addressing their unique social & lifestyle concerns

ASTHMA BASICS for Adults: what is asthma, triggers of asthma and prevention, current asthma therapy

Asthma and Allergy Essentials for Child Care Providers: 3-hour course gives child care providers the tool & knowledge they need to care for children with asthma & allergies & provide a safe & healthy environment.

**Achieve “Life without Limits”! Learn more about asthma.
Call 800-651-4914 or (907) 349-0637 to sign up for a class today!**

Back to School...with asthma and allergies...Stay in Control

Gearing up to go back to school? Be sure to add to your check list of school supplies the tools your child might need to manage their asthma and/or allergies while in school!

- **Asthma Action Plan*:** Last October it became law in Alaska that a student could carry and administer their own asthma and allergy medications if they have written permission from their health care provider and parents. Visit www.aafaAlaska.com to get a copy of an asthma action plan that facilitates this process. Your health care provider completes side one, and you and your student complete side 2. This form is also used for administration of asthma medications during school hours.
- **Allergy and Anaphylaxis Plan*:** For students with food &/or environmental allergies, this form should be completed. Note, this has been revised for the upcoming school year! The Anchorage School District is now supplying epinephrine auto-injectors and liquid Diphenhydramine (i.e. Benadryl®) at each school for students during school hours with known allergies—so students do NOT need to supply the school nurse with an epinephrine auto-injector. If your child has a known allergy and your health care provider prescribes epinephrine auto-injector, take the time to complete this paperwork!
- **Medications:** Ensure that your student has access to their rescue medicine for asthma. If a student is carrying their own medication, come up with a plan to make sure they do not lose it or leave it at home. Maybe consider having a back-up inhaler with the school nurse “just in case”. If the nurse is administering their medication, be sure to take the medication in with a completed asthma action plan or allergy and anaphylaxis plan.
- **Tools:** Last but not least, don’t forget to send the spacers and/or peak flow meters in to school, too!
- **Safe environment:** Talk with your child’s teacher and/or school nurse—make sure they understand your student’s allergy or asthma trigger and how to best avoid an accidental exposure. Remember, you also might need to talk with the cafeteria attendant, the bus driver, physical education teacher, or other important school staff.
- **Before and after school activities:** Make sure you also plan for providing any needed medications or avoidance during this time period as well

*This is the form used by the Anchorage School District Health Services.

Yes! I want to support Asthma and Allergy Education in Alaska.

Enclosed is my tax-deductible gift to AAFA Alaska. **Checks payable to AAFA Alaska.**

ø \$1,000 Corporate

ø \$250 Benefactor

ø \$50 Sustaining

ø \$500 Patron

ø \$100 Professional

ø \$25 Individual/Family

ø other_____



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Thank You!**



Accomplish Your Dreams!

Good Asthma Control is:

- ☑ Doing ALL the activity you want to do
- ☑ Sleeping through the night
- ☑ Using your Albuterol or Rescue Medicine less than 2 times a week.

Be in Control of Your Asthma

Learn more about asthma and allergy management

Call AAFA Alaska 1-800-651-4914

www.aafaAlaska.com