



AAFA Alaska Chapter

The Daily Meter

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From the President

As the ski season comes to a close, there is one more great annual event. Don't miss second annual ski with Olympians event to be held April 15th at the Hilltop Chalet. As Alaskans, we live in an amazing place where we can interact closely with our heroes. How many of us had the dream to go to the Olympics, represent our country in a sport and experience the thrill of international competition? Dreams come in all shapes and sizes. AAFA National and AAFA Alaska strive to remind people with asthma and allergies that dreams can be reached.

There is NO reason to let allergies or asthma interfere with athletic dreams. Many famous and not so famous athletes have overcome/controlled their allergies and asthma and accomplished great feats. Control of asthma and allergies does not automatically make it easy, but it allows the athlete to train to their potential. Lars Flora has been instrumental in organizing this event. He is one of our home town heroes who lives his dream and shares his story of overcoming allergies to compete more effectively on the international ski circuit. We at AAFA AK strive for "life without limits". We are happy to support allergy and asthma patients in the state of Alaska.

Teresa Neeno, MD



- Join team AAFA Alaska at the Alaska Visitor Industries Charity Walk.
- Walk, graze in the "5k buffet", and don't miss the dessert event!
- May 4, 2007 at 5:30 p.m. at the Park Strip
- Register on team AAFA Alaska Register before April 30, 2007
- www.alaskacharitywalk.org
- Or, Call AAFA Alaska for a registration form 696-4810
- Bring your family, friends and work companions.
- Indicate team: AAFA Alaska under team!

AAFA Alaska thanks these premier sponsors for their support of AAFA Alaska's first asthma & allergy conference:
"Moose Sponsors"
 Genentech
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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.



AAFA Alaska believes that education enhances quality of life for people with asthma & allergies & is committed to providing quality programs and information about allergies and asthma.

Partner with us to deliver this message.

Your membership gift is tax deductible to the extent allowable by law. AAFA Alaska is a non-profit 501(c)3.

Name _____

Affiliation _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____ E-Mail _____

- All Membership levels will receive a copy of AAFA Alaska’s Newsletter, The Daily Meter
- Memberships at \$50 and higher will receive a copy of Dr. Plaut’s One Minute Asthma Reference guide.
- Memberships at \$100 and higher will receive a copy of AAFA Alaska’s storybook, Wheezin’, Sneezin’ and Itchin’ in Alaska.

Asthma & Allergy Medications: Antihistamines

Control of your allergies or asthma triggers may not be completely controlled by avoidance or environmental modifications. After all, it is hard to avoid the spring trees when they pollinate or the dust mites that inevitably thrive in your bedding. Your health care provider may recommend an antihistamine to help with symptoms you experience because of your allergies. Remember, antihistamines only help with symptoms, they do nothing to help decrease inflammation associated with asthma or allergies.

An antihistamine works by blocking the activity of histamine that is released from a mast cell. When histamine is released from a cell, your body reacts with a runny nose, sneezing, nasal stuffiness, itchy & watery eyes, hives, wheezing, and/or difficulty breathing. There are several types of antihistamines available. An example of an antihistamine that works fast is Diphenhydramine (Benadryl®). This type of antihistamine begins to work right away to relieve symptoms but lasts for a short time, about 4 hours. Diphenhydramine can make you very sleepy and drowsy. The fast acting nature of this type of antihistamine is very helpful in the management of a sudden onset of symptoms like hives or a food allergy reaction where quick treatment is necessary. These medications are available in liquid, chewable or tablet. If you want the medicine to be quickly absorbed to stop an allergic reaction, the liquid form of the medication is best.

Long-acting antihistamines help to prevent symptoms for 12 to 24 hours. These medications tend to not cause drowsiness so are better for taking on a day to day basis. However, these medicines have a slow onset and do not start treating the symptoms immediately. Examples of these medications include: Loratadine (Claritin®, Alavert®), Cefirizine HCL (Zyrtec®), Fexofenadine (Allegra®). Zyrtec & Allegra are approved for infants ages 6 months and up; Claritin is approved for kids as young as 2 years old and is available over the counter; Alavert® is the generic, over the counter version of Loratadine.

Azelastine (Astelin®) is an anti-histamine that comes in the form of a nasal spray for kids 12 years & older. This medicine helps those that are bothered by a runny nose, sneezing and/or nasal itching.

Talk with your provider before starting, stopping or changing a medication. Know what & why you are taking any medicine!

Healthy Quinoa Cookies

dairy/soy/peanut/wheat/egg free

DRY INGREDIENTS:

- ½ C Sorghum Flour
- ½ C Quinoa Flour
- ¾ C Quinoa Flakes
- ¼ tsp. Salt
- 1 tsp. Baking Soda
- ¼ tsp. Xanthan Gum or Amaranth Gel Powder

PREHEAT OVEN: To 350 Degrees Fahrenheit

WET INGREDIENTS:

- ¼ C Honey or Honey/Maple or Agave mixed together
- 1/3 C Brown Sugar (to be mixed with wet ingredients first!)
- ½ tsp Vanilla (Use vanilla w/out corn syrup)
- 1 Tbsp Canola Oil
- ¼ C Applesauce

OPTIONAL INGREDIENTS:

- 1 tsp. Flax Meal ¼ C Raisins 1/8 C Chocolate Chips
- (May also add any dried fruit if allowed)

- Mix Wet Ingredients with Brown Sugar, whip until smooth mixture.
- Mix Dry Ingredients together.
- Slowly add Dry Mix to Wet Mixture.
- Once combined, add optional ingredients.
- Drop 1 Tablespoon of mixture at a time onto cookie sheet.
- Cook for 10-15 minutes (cook less for a softer cookie, cook longer for a crunchier cookie).
- Remove cookies from cookie sheet after about 1 minute of cooling & allow them to finish cooling.

*Created by
Denise
Lomelino,
Mother of a
Child with
Food Allergies*

Snacks: Be prepared with safe snacks—and you will be a hit with the kids!

- Fruit Leather Snacks
 - Semisweet Chocolate Chips
 - Dried Fruit (like raisins, craisins, bananas, apples, etc.)
 - Fresh Fruit (apples, oranges, bananas, grapes, etc)
 - Chips
 - Pretzels
 - Dried Cereals make great snacks
 - Crackers
 - Lollipops
 - Chocolate shaped candies (Make your own: melt chocolate, pour into oiled shaped forms, put in freezer until frozen, take out and wrap in plastic wrap with a twist tie or ribbon)
 - Lollipops (Buy what works for you or make your own)
 - Smoothies (fresh fruit, frozen fruit, juice or allowed milk blend and serve)
 - Frozen Smoothie Pops: Take remaining smoothie mixture and pour into Popsicle containers and freeze.
 - Frozen Juice Pops (Freeze juice in Popsicle containers)
 - Icees: Blend juice with ice
 - Dried Fruit & Cereal Mix (throw a few choc chips in for a special treat)
 - Candies-- Any type of candy they might be allowed (I keep a few in my purse for the kids as we invariably end up somewhere that other kids are getting candy. This way the kids have a treat of their own available, too)
 - Popcorn
- BAKE AHEAD OF TIME!**
When making a batch of muffins or cupcakes, save a few in the freezer. Frost with allowable frosting and wrap single cakes in plastic wrap. You are ready for the unexpected!
- LAST MINUTE IDEA FUN IDEA:**
Stack 2 mini-muffins. Use a lollipop to connect the muffins through the top for a fun treat! My daughter loved it and didn't even pay attention to the other kids' birthday treat!
- EXTRA IDEAS:**
- Keep snack baggies filled with treats for a fast food treat.
 - Flat fruit or fruit leathers are easy to keep in your purse and give you a quick, easy snack for the kids.
- Ideas submitted by Denise Lomelino
- Editor's Note: Be sure to review ingredients to ensure ingredients in snacks are safe and allowed.

PREPARE FOR SPRING ✓ LEARN MORE ABOUT ASTHMA & ALLERGIES ✓ TAKE CONTROL

**ASTHMA &
ALLERGY FORUMS**

April 13: Asthma & the Athlete

Speaker: Dr. Jeffrey Demain
Alaska Regional Hospital, IVY ROOM

May 4: Environmental Controls & Managing Your Asthma

Speaker: Dr. Teresa Neeno
Alaska Regional Hospital

RSVP: 349-0637 OR www.aafaAlaska.com OR aafaAlaska@gci.net

Meet Olympic Athletes—JOIN THE FUN—APRIL 15

**Meet Alaska's Olympic Athletes
at an all-age all abilities ski clinic
1:00 to 4:00 pm Sunday, April 15
Hilltop Chalet—Abbott Road**

Limited youth skis, boots and poles will be provided
Fun includes ski lessons, games,
an Olympic slide show,
poster signings by the athletes &
info on asthma and allergy management!



Coordinated by AAFA Alaska and Alaska Winter Olympians Foundation

Contact Name: Lars Flora ✓ Phone: 435-659-1918 ✓ Email: Larsflora@yahoo.com

Summer Camp: CHAMP CAMP for kids with Asthma

July 29—August 3, 2007 at Camp Carlquist for kids ages 7- 13 year olds

American Lung Association of Alaska's Annual Champ Camp is the only summer camp in Alaska for children with asthma.

Send your child to camp with confidence—24 hour safety net of medical caregivers. Campers experience the fun activities of summer camp along with gaining personal asthma management skills.

Asthma Education will be provided by AAFA Alaska.

Registration & contact info: Gregory Moses @ 644-6405 E-mail: gmoses@aklung.org





TAKE ACTION!

Announcing Alaska's Premier Interactive Asthma Action Plan Rebate Program

Let us know if you have a written asthma action plan!

For a limited time! Contact AAFA Alaska Today—Asthma Management Tools available while supplies last!

This program is presented by AAFA Alaska and funded by the Alaska Asthma Coalition.

Send a copy of the written asthma action plan your health care provider gave you that was created using Alaska's Interactive Asthma Action Plan.

Mail: AAFA Alaska, PO BOX 201927, Anchorage, AK 99520 Fax: (907) 696-4810 E-mail: aafaAlaska@gci.net

Send AAFA Alaska a copy of your Asthma Action Plan and receive: (Select according to your needs. You may choose all 3.)

- Spacer for MDI Peak flow meter (child or adult) Circle appropriate size One Minute Asthma by Dr. Plaut, reference book

Name: _____

Street Address: _____

City: _____ Alaska Zip: _____

E-Mail: _____ Phone _____

Bon Voyage! : Traveling with Asthma and Allergies With good planning, you can ensure a safe & happy trip! Planning a trip this summer for yourself or someone in your family who has asthma or allergies? Prepare for changes in the environment that might affect asthma or allergies. Outdoor and indoor air can present asthma and allergy triggers. Here are some tips from the American Academy of Asthma, Allergy and Immunology for taking precautions while traveling with asthma or allergies: •Keep in mind the season and climate of your destination: will you be exposed to molds, damp tropical climates, pollens? •Consider the homes you stay in; plan to avoid smoking, pets, dust and other allergens which exacerbate your problems. Bring zippered covers for pillows and mattresses if necessary. •Ask the hotel for smoke-free and allergy-proof rooms, &/or pet-free room; bring your own dust mite covers for bedding. •Transportation: Check with your doctor on special issues with air travel. Have meds available in your carry-on luggage. Cruise ships, like hotels, can have indoor air quality issues. If you have especially severe reactions, i.e., severe food allergies, have your emergency meds and ask about medical access on board. Travel by car in early morning or late evening when there is less pollution (traffic), pollen, and better air quality. Ride with closed windows; use the car's air conditioning system instead. •Plan your outdoor activities, such as camping, hiking, picnics, sports, to avoid exposure to pollens, stinging insects or other challenges such as high altitudes. Pack your medicines in the original containers; make sure you have enough to last the entire trip! If traveling by air, pack medication in carry-on according to the new TSA regulations. Remember to pack everything you need: anti-histamines, peak-flow meter, nebulizer, bronchodilators, spacers, corticosteroids, self-injectable epi pens, etc. Have your doctor's phone number and medication instructions with you also. Bon Voyage!



Asthma and Allergy
Foundation of America®
ALASKA CHAPTER

AAFA Alaska Chapter

Phone: 907-696-4810
Fax: 907-696-4810
E-mail: aafaAlaska@gci.net

Toll-Free
1-800-651-4914

Introducing Support Group for Parents



AAFA Alaska Presents:
Support Group for Parents with
Food Allergic Children

Saturday, May 5

9:30 to 11:00 a.m.

Mat-Su Regional Medical Center
Matanuska Room (Use main entrance)

Let us know you are interested!
aafaFood@gci.net
(907) 696-4810 (800)651-4914

Monthly Meetings planned for the
first Saturday of each month. More Info to follow.

Mission:

To link parents with food allergic children with each other; provide accurate, up to date and useful information regarding food allergies.

Goals:

To support each other as we live with food allergic children and educate the public about food allergies and anaphylaxis.

Let's Meet!