

Special points of interest:

- AAFA Art Contest
- Support Group for Parents of Food Allergic Kids—Schedule March—June
- Renew your AAFA Alaska Membership, support asthma & allergy education in Alaska

From the President

Ski with the Olympians at the 3rd annual “Life without Limits” ski clinic presented by the Asthma and Allergy Foundation of America Alaska chapter and the Alaska Winter Olympians Foundation April 12, 2008 from 10:30-12:30 at Hilltop ski area. This event offers our next generation of

Olympians the opportunity to ski with their heroes- the people who have accomplished their goals and competed internationally representing the United States of America. Almost 75% of us have had allergies and asthma touch our lives either directly or by affecting a family member or friend. AAFA Alaska Chapter works to educate health care professionals and people with allergies and asthma so that they can live with out limits. In partnership with their doctor, asthma can be

controlled such that they can participate with success in vigorous activities and then sleep through the night. AWOFF through the efforts of its members seeks to advocate Olympic ideals, promote healthy lifestyles especially winter sports and recreation. Lars Flora has been the catalyst in organizing this

annual event. He is an inspiration- he has overcome allergies to compete internationally and live his dream.

This year, in addition to the opportunity to ski with our winter Olympians there are several other activities planned. Our local expert Dr Jeffrey Demain will present a lecture on “Asthma and the Athlete”. We will have asthma screening available in conjunction with the American College of Allergy Asthma and Immunology Nationwide Asthma screen-

ing program. Even the youngest participants can share their experiences with asthma and food allergy through a book reading and video with “Binky and Buster”.

Alaska is an amazing place to live. No where but in Alaska could this opportunity exist- to be able to talk with and ski with several Olympians in one place. To witness the excitement of the “next generation” of Olympians as they meet with their heroes in real life and realize they could be there too... in 2010 or 2014. This annual event has been a fabulous motivational event for our hard working dreamers. We appreciate our local winter Olympians and their desire to promote healthy lifestyles, encourage the next generation and support winter sports and recreation in our community. So, save the date and plan to join us at Hilltop Ski Area April 12, 2008 10:30 – 12:30. Bring your skis and cameras! Limited numbers of skis, boots and poles will be available for those without.. Teresa Neeno MD



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Foundation of America
ALASKA CHAPTER

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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.

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The Effects of Early Nutrition on Atopy

Breastfeeding, or the use of hydrolyzed formulas, may decrease or delay the onset of atopic disease in high risk infants. That's the current word from the American Academy of Pediatrics (AAP) who recently updated their recommendations. The revised AAP clinical report, "Effects of Early Nutritional Interventions on the Development of Atopic Disease in Infants and Children: The Role of Maternal Dietary Restriction, Breastfeeding, Timing of Introduction of Complementary Foods, and Hydrolyzed Formulas", replaces an earlier policy statement that addressed the use of hypoallergenic infant formulas and included provisional recommendations for dietary management for the prevention of atopic disease. Atopic diseases include atopic dermatitis, asthma, allergic rhinitis, and food allergies. The report addressed dietary restrictions for pregnant and lactating women, the role of human milk and exclusive breastfeeding on the development of atopic disease, the role of hydrolyzed formulas on the development of atopic disease, and the role of introduction of complementary foods (solid foods) on atopic disease. To summarize these findings:

- There is not enough evidence to recommend moms avoid certain foods during pregnancy. Avoiding certain foods during lactation may prevent



atopic dermatitis, but more studies are needed. It does not seem to prevent other allergic diseases.

- For infants at high risk of developing allergies (one parent or sibling with an atopic disease), there is evidence that exclusive breastfeeding for at least 4 months lessens the incidence of atopic dermatitis and cow milk allergy in the first 2 years of life.
- Exclusive breastfeeding for at least 3 months protects against wheezing in early life. In high risk infants, exclusive breastfeeding does not seem to protect against allergic asthma occurring beyond 6 years of age.
- In high risk infants not breastfed, atopic dermatitis may be delayed or prevented by the use of extensively or partially hydrolyzed formulas compared with cow milk based formulas. Extensively hydrolyzed formulas (Enfamil Nutramigen Lipil, Enfamil Pregestimil, Similac Alimentum Advance) may be more beneficial than partially hydrolyzed formulas (Good Start Su-

preme, Enfamil Gentlease Lipil) in the prevention of atopic disease. The use of amino acid based formulas (Neocate, EleCare) for prevention of atopic disease has not been studied.

- There is no evidence supporting the use of soy formula in preventing atopic diseases.
- Although solid foods should not be introduced before 4 to 6 months of age, there is no consistent evidence that delaying the introduction of solid foods beyond this time is protective against developing allergies. This includes foods considered to be highly allergic such as fish, eggs, and peanut. For infants 4 to 6 months of age, there is insufficient data to support a protective effect of a dietary intervention for the development of atopic disease. It is important to remember that these recommendations are based on prevention of atopic disease in children. For a child that has been diagnosed with an atopic disease that is worsened by certain foods, i.e. a specific food allergy, then avoidance of that food continues to be the primary treatment.

Melinda Rathkopf MD

This information is not intended to replace the medical advice from your health care provider.

Save the Date! 3rd Annual Asthma & Allergy Conference:
September 12 & 13, 2008

If you suspect your child has issues with food intolerance, consult your medical provider..

1st annual AAFA Alaska Chapter bumper sticker contest: Entries due by April 30, 2008

The 1st annual "I have asthma" bumper sticker design contest, is being sponsored by AAFA Alaska. The contest is open to children in grades 1 through 8 who have asthma.

Express your creative side by putting your thoughts and feelings about asthma onto a one of a kind bumper sticker design. The winning design will be produced into stickers to be distributed exclusively by AAFA Alaska. Your sticker could be seen all over Alaska!

***Please find your entry form on page 5**

Contest information

The contest runs from February 15 through April 30, 2006. Any student in grades 1 through 8 who has asthma can enter.

- With your parents permission, fill out the attached entry form.
- Create your design in color with crayons, colored pencils, or markers on a plain white sheet of paper that measures 3" x 11 1/2 ". This is the actual size of a finished bumper sticker.
- Send your design and entry form by April 30, to

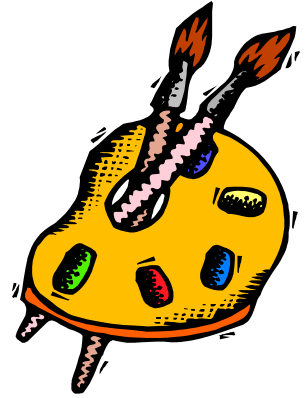
AAFA Alaska
P.O. Box 201927
Anchorage, AK 99520

Prizes

The 1st place winner will receive a \$50 REI gift card and a copy of " Wheezin' Sneezin' & Itchin' in Alaska.

The 2nd place winner will receive a \$25 REI card and a copy of the story book.

Questions?
Contact AAFA AK at
(907)349-0637



For life
without
limits

Meet Alaska's Olympic Athletes
at an all-age all abilities ski clinic
10:30—12:30 pm April 12
Hilltop Chalet—Abbott Road

The fun includes
Ski lessons,
games,
and poster
signings by the
athletes!



Youth skis, boots and poles will be available on a limited basis.

If you have your own equipment, please bring it along.



Asthma and Allergy
Foundation of America®
ALASKA CHAPTER



LEARN MORE ABOUT ASTHMA & ALLERGIES ✓ TAKE CONTROL

**ASTHMA &
ALLERGY FORUMS**

Asthma & the Athlete

Presented by Dr. Jeffery Demain
April 12, 2008 at Hilltop Ski Chalet

May 3, 2008

Eczema and Food Allergy
Speaker Dr. Eric Meier

Location: Mat-Su Regional Medical Center

Matanuska Room—From the main entrance, pass the cafeteria on the right

Asthma Basics

Mat-Su Regional Medical Center: Date TBA

AAFA AK's Support Group: Parents with Food Allergic Kids

**Support group meets 1st Saturday of the Month
from 9:30 to 11:00 a.m.**

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

Meets at Mat-Su Regional Medical Center

Matanuska Room

From the main entrance; pass the cafeteria on the right



- March 1 Getting Organized: Part II: Making a Binder for Recipe Resources & Medical Information. If you already have a binder or want a particular color, please bring your own. A few will be provided
- April 5 Kids Theme: Playing it Safe!. Reading labels and eating only what is safe for you.
- May 3 Guest Speaker: Dr. Eric Meier from AAIC of Alaska
Topic: Eczema and food allergy
- June 7 Staying Safe: Summer Tips for Keeping Kids Safe

Let us know you are interested!

aafaFood@gci.net or 696-4810/800-651-4914

Be a Part of AAFA Alaska: Membership



- Bear \$250
- Porcupine \$100
- Ptarmigan \$50
- Puffin \$25

AAFA Alaska believes that education enhances quality of life for people with asthma & allergies. The Alaska Chapter of AAFA has made a commitment 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

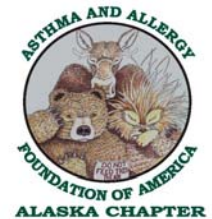
Affiliation

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.
- Memberships at \$250 and higher will receive Polar Fleece Vest with AAFA Alaska Logo embroidered.

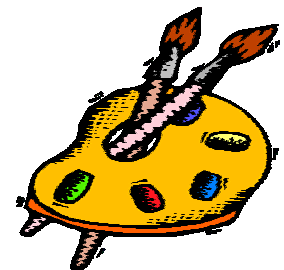


Bumper Sticker Design Entry Form

Name: _____

Address: _____

Phone Number: _____ Age: _____



I understand that all artwork submitted becomes the property of AAFA Alaska Chapter. All submissions have the chance to be selected as the winning entry. The winning entry will be made into stickers used to promote the mission of AAFA Alaska. All artwork may be displayed by AAFA Alaska.

Parent Signature: _____

Entries are due by April 30, 2008. Judging will take place in May and a winner will be announced.

All entries should be mailed to : AAFA Alaska.* P.O. Box 201927 * Anchorage, AK 99520

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Toll-Free
1-800-651-4914



This recipe is a delicious, interesting and easy way to get more vegetables into your diet! The USDA's Center for Nutrition Policy and Promotion tells us that we should eat at least three servings of vegetables daily. Examples of serving sizes: 1/2 cup cooked or 1 cup raw. It is easy to get most of the vegetables you need for a day when you combine several kinds, and prepare them in savory ways, as in the recipe above. Roasting vegetables in the oven is another way - use herbs, spices and olive oil. Vegetables give you fiber, vitamins, minerals and antioxidants - and they are low in calories. Think about ways for you and your family to reach the recommended three servings daily of vegetables. Be healthier!

Ratatouille

Adapted from the Moosewood Cookbook by Mollie Katzen

1 medium onion,
chopped
2 medium bell peppers in strips or cubes
1 medium zucchini,
cubed
1 small eggplant,
cubed
4 cloves crushed garlic
2 medium tomatoes,
in chunks
1 bay leaf
1 tsp. each: basil,
marjoram
½ tsp. dry oregano
Dash of ground rosemary
3Tbs. Burgundy wine,
or other dry red wine
½ cup tomato juice
2 Tbsp. tomato paste
2 tsp. salt, or to taste

¼ cup olive oil
Freshly-chopped parsley

Heat olive oil in large, heavy cooking pot. Crush the garlic into the oil. Add bay leaf and onion and salt. Saute' over medium heat until onion begins to turn transparent. Add egg plant, wine and tomato juice. Add herbs. Stir to mix well, then cover and simmer 10-15 minutes over low heat. When eggplant is tender enough to be easily pricked by a fork, add

zucchini and peppers. Cover and simmer 10 minutes. Add salt and pepper, tomatoes and tomato paste. Mix well. Continue to stew until all vegetables are tender, or to your liking. Just before serving, mix in the fresh parsley. Serve on a bed of rice, or in a bowl, accompanied by some good French bread. Top with grated cheese and chopped black olives.

Submitted by Sherryl Meek,
RD, LD