

**Special points of interest:**

- Asthma & Allergy Awareness Month
- Support Group for Parents of Food Allergic Kids—Newsletter included!
- Ski with the Winter Olympians Event Photo's
- Contest Winners



# The Daily Meter

## From the President:

“Asthma and Allergy Awareness Month” comes just in time for Alaskans! Allergy season is here. Dust from street cleaning, glacial silt from melting snow, mold from debris in the yard – and adding insult to injury, the trees are budding out. That means that in a couple of weeks we’ll see pollen from willows with birch pollen soon to follow.

In Alaska our pollen season is very intense. Trees begin pollinating in early May and birch pollen numbers are higher here than anywhere else in the country. During our long days we have two opportunities for increased exposure; the early morning when the plants pollinate and in the early evening when there is fallout of pollen from the upper layers of the atmosphere. Additionally grasses pollinate twice daily in the early morning and the early evening. Warm, windy days can also intensify the problem.

Allergies and asthma affect about 20-30% of the population. If you are an allergy sufferer you know that it can include stuffed up nose, postnasal drip, sneezing, red itchy, watery eyes, swollen eyelids, itching of the mouth, throat, ears and face, sore throat, dry cough, feeling of

fullness in the ears, partial loss of the senses of hearing, smell, and taste and headache in the front part of the head. Seasonal allergies can cause more general symptoms, such as fatigue, malaise and sleepiness. If you are asthmatic – allergies can trigger an asthma attack. That makes it a grand slam – wheezing, sneezing and itching!



With all this bad news, what can you do? Should you just give up and move? No! Alaska is too fabulous and anyway, you’ll just exchange one set of allergens for another.

Here are some time honored tips to make living with allergies easier:

- Keep windows closed, especially during the early morning and early evening hours.
- Minimize early morning activity when pollen is usually emitted.
- Keep your car windows closed when traveling.
- Stay indoors when the

pollen count is reported to be high and on windy days when dust and pollen are blown about.

- Pets that go inside and outside of the house can be a source of pollen as well as animal dander and hair.
  - Wash your hands; change your clothes when you come in after being outdoors.
  - Wash your hair at bedtime in order to decrease the pollen buildup in your bedding.
  - Take medications prescribed by your health care provider regularly, in the recommended dosage.
  - Avoid lawn mowing. Mowing stirs up pollens and molds.
  - Avoid leaf raking as this also stirs up molds.
  - Do not hang sheets or clothing out to dry. Pollens and molds may collect in them.
- Use a HEPA filter to trap pollen that is airborne inside. Have a great spring and summer! I hope to see you out on the trails or out in the rivers!

Jeffrey G. Demain, MD, FAAAAI, FAAP  
 Director, Allergy, Asthma and Immunology Center of Alaska  
 Assistant Clinical Professor, University of Washington  
 Affiliate Professor, University of Alaska Anchorage

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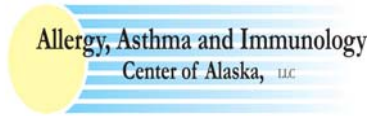
### Third Annual Ski with the Winter Olympians

AAFA Alaska Chapter and the AWOOF hosted the 3<sup>rd</sup> annual Ski with the Olympians clinic April 12, 2008 at Hilltop ski area. A current teen member of Alaska Winter Stars stated it was a great opportunity to ski with cross country ski Olympians- an eye opener to see the caliber of athlete required to compete at that level. The Allergy, Asthma & Immunology Center of Alaska screened 16 individuals for asthma by questionnaire and spirometry. A few were identified as having primarily vocal cord dysfunction and they were able to consult with Kristina Waring SLP-MA and learn techniques to overcome their respiratory issues. Dr Jeffrey Demain presented "Asthma and the Athlete". He is a fabulous lecturer and motivator. The good news is athletes with asthma can compete at the international level with asthma, do very well and follow their dreams. Thank you to all who came out to participate and to all our wonderful sponsors who helped make this a memorable event.

We look forward to seeing everyone next year



### Thanks to all of our Ski with the Winter Olympians Sponsors



We





CONGRATULATIONS TO  
THE WINNERS OF OUR  
FIRST ANNUAL  
BUMPER STICKER CONTEST

For life  
without  
limits



First Place Winner: Leslee Rogers



Second Place Winner: Abigail Rathkopf



Third Place Winner: Noah Nosek

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

## Bugs and Drugs

- Mosquito Allergy
- Drug Allergy
- Hymenoptera Allergy

## Itching and Scratching

- Urticaria
- Latex Allergy

## Allergic Reactions

- Anaphylaxis
- Food Allergy

## Sinopulmonary Disease

- COPD
- Chronic Sinusitis
- Polyposis
- Cystic Fibrosis

## Great Debate: What Causes Asthma

- Hygiene Hypothesis
- Genetics
- Obesity

## Respiratory Potpourri

- Vocal Cord Dysfunction
- The Wheezing Child, When is it  
Asthma
- Current Approaches to Asthma



Dinner Speaker :

Dr. John Clark

Fitness, Health & Survival-  
Was Darwin Right?

## Who Should Attend?

Many medical care providers will benefit including:

- family physicians
- pediatricians
- internists
- allergists
- pulmonologists
- otolaryngologists
- respiratory therapists
- physician assistants
- advanced nurse practitioners
- asthma educators
- school nurses
- respiratory therapists
- CMA's



## Be a Part of AAFA Alaska: Membership

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.

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

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.

Jeffrey Demain, MD, President  
 Teresa Neeno, MD, Past President  
 Kathy Bell, RN, Secretary  
 Mark Glore, CPA, Treasurer

**MEMBERS AT LARGE**

Jodi Butto, MD  
 Jerry Hamilton, MHP  
 Claire Norton-Cruz  
 Sherryl Meek, R.D.  
 Melinda Rathkopf, MD  
 Dion Roberts, MD  
 Jennifer Schrage  
 Gail White RN

**STAFF**

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 Executive Director  
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 lkmoon@alaska.net

**Are you the parent of a food allergic child who lives in Anchorage?**

**Would you be interested in participating in an educational and fun Parents Group that meets monthly?**

**If so, please send an e-mail to [lkmoon@alaska.net](mailto:lkmoon@alaska.net) and watch our next newsletter for updates!**

**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.

## PFAC 1 Year Anniversary



*One year Ago this April  
we had our first meeting!!*

We are celebrating our First Year Anniversary of AAFA AK's PFAC group. Our first meeting had 4 people in attendance and has since grown. This April, our family fun event at Bouncin' Bears had 56 people in attendance (parents & kids!).

Traditionally the first year anniversary is celebrated with the gift of paper to allow one to record their family history. How fitting this this month brings our first official Newsletter. A tool we hope to use to educate and connect

families with food allergies.

Over the past year, we have held numerous support group meetings offering a variety of topics from getting organized, holiday tips & recipes, to safety information.

Our past special guest speakers over the last year have been Sherryl Meeks on Nutrition, Gaily & Kathy, volunteers for AAFA AK, on Back-to-School with Allergies, and Dr. Rathkopf on Facts about Food Allergies. Thank you to all of our guest speakers! You are awesome!

We look forward to a fun year to come! We started off April with our first social event at Bouncin' Bears. Next month, we welcome Dr. Eric Meier from AAIC to talk about one of our most requested topics — Eczema and Allergies. This will be an awesome time to invite those allergic families that struggle with eczema issues. We look forward to hearing Dr. Meier's expert advice in this area. We hope to see many of you there!

### RECAP: First Ever Annual Spring Social for Allergic Kids

Our 2nd Kid's meeting held at Bouncin' Bears (April) was our very first Annual Spring Social for Allergic Kids & their Families. This event exceeded our expectations with 56 people in attendance. There were 17 families that came and connected with other families of allergic chil-

dren. We saw lots of happy, smiling faces from our little ones and everyone seemed to have a great time. I know we did! This event was such a success that we are considering doing a Holiday Event at Bouncin' Bears this Fall/Winter. We need ideas for fun things for our kids during the

holiday season and this is a great way to respect all faiths, as not everyone shares the same holiday. Thank you to all our PFAC members who were able to attend. We had a blast. If you weren't able to attend this one, hopefully we will see you at the next one.

### Special points of interest:

- Happy 1st Birthday to PFAC
- Oh What Fun: Bouncin' Bears Event
- Food & Allergy Awareness Week
- Give Thanks



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SPECIAL THANKS  
TO NICOLE  
HOLTERY FOR  
CREATING OUR  
NEWSLETTER!

### Inside this issue:

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## Food Allergy Awareness Week (FAAW): May 11th - 17th

**“Get your game on — take charge of your food allergies, carry your medicine, and teach your friends so they have your back”**

**- Trace Adkins -**



May 11th—17th marks the 11th Annual Food Allergy Awareness Week.,

“Living and Learning with Food Allergies”. So get out and into your community and get involved!

FAAN’s website, [www.foodallergy.org](http://www.foodallergy.org) has a lot of great suggestions on how to be more proactive. From everything to hanging posters at your local grocery store to making presentations at your children’s school. They even

have a coloring activity that you can download so you can involve your little ones or maybe read them *Alexander, the Elephant who Couldn’t Eat Peanuts* Book.

This year Trace Adkins and FAAN worked together to launch a poster geared toward teens and educating their friends. This poster is available for download at [www.foodallergy.org](http://www.foodallergy.org). “Studies are showing us that the teen years can be particularly risky for individuals with food allergies. Friends can help each other avoid risks, handle bullies, and stay safe”. –Anne Munoz-Furlong, CEO & Founder of

FAAN. These same principles can be applied at ANY age.

Let’s dedicate this week to educating our friends, family and the community. Education is the most powerful tool for prevention. Food allergies are on the rise, for reasons unknown. It is becoming a public health concern. The more that others know, the more they will care.

This is a way we can help others understand the struggles we go through as parents of allergic children. AAFA AK has some great resources for education. So, let us know if you need help!

## When Caring for others, Care for yourself - Care Partnering

Care Partnering is the concept of involving mutual caring for each other and sharing of responsibilities. (3) Care giving, implies that one person is taking care of another person, which should not be the case in children with allergies. These children are often capable of caring for and monitoring their own condition with the supervision and guidance of their parents. We do not

need to be the “super hero”, it can only lead to a super mess! No matter what the situation, it is important that the care-giver or care partner take care of themselves! You cannot help someone else on a long term basis if you do not look after your own needs. All too often we put our families needs above our own and view doing something for ourselves as selfish. A mother once said

“They are my children and it is my responsibility to take care of them”. (3) The wisdom to accept help is the greatest gift we can give our family. After all, what good would we be to others if we are over worked and over stressed ourselves? An extreme level of stress can make you feel helpless, over-worked, exhausted, cranky and demoralized . Accepting an offer of help can help to keep

**“Remember:  
Double Check All  
Information Every Time”**

**Check that all your vinegars & alcohol based ingredients (like Vanilla Extract) are NOT grain derived if wheat/gluten/corn allergic. These are often hidden ingredients.**

## What’s Cookin’ : Home-Made Ketchup (No Hidden Garlic Here!)

Store bought ketchups can often contain wheat, corn garlic and other spices or flavorings. Make your own at home and you can alleviate any worries. Put it in an empty, well cleaned store bought ketchup bottle to help your child feel “normal”. If you can’t use some of the spices in the recipe switch them out with ones you can use. Remember, read ALL ingredient labels first!

- 1 6oz Can Tomato Paste
- 1 Tbsp Apple-Cider Vinegar
- 1/4 Tsp Salt
- 1 1/2 Tsp Hot Sauce (Use one with apple cider vinegar, regular vinegar may contain wheat)
- 1/4 Tsp Onion Powder
- 1 Tbsp Molasses
- 3 Tbsp Water
- Dash pepper
- Dash celery

Add all ingredients to bowl, stir until combined. Serve chilled.



What could be Yummier than Ketchup for dipping! Kids Love it!!! (Recipe from AAFA AK)

(3) [www.mindpub.com](http://www.mindpub.com) “Care Partners Also Need to Take Care of Their Own Self” Dr. Sharama

## Your Child's Whole Health - Dealing with Chronic Illness and Social Isolation Due To food Allergies



Children consider social isolation the worst part about having food aller-

A chronic illness isn't the name of just one illness. It's a word used to describe a group of health conditions that last a long time.(1) Living with the fear of dying or getting sick is not something we consciously think about in our day-to-day lives. Unfortunately, for children with food allergies it's not the same. There can be long-term psychological effects from having to deal with this condition. That's why it is important to provide our children with good information, education

and training. There needs to be a healthy level of fear. If a parent is over anxious, this can often be felt by the child which could warrant unnecessary anxiety. Children between the ages of three and seven are able to adjust quickly and become scrupulous about avoiding off limits foods and are more capable of self-managing then we credit. (2) Living with a food allergy is not a death sentence and although it will impact their lives greatly, it will build their character and shape who they will become.

In 2002 at three FAAN allergy conferences, 94% of teens questioned revealed that social isolation is the worst part about having food allergies, unlike their parents who were more concerned with issues of fear and death.(2) Most fatalities happen between the ages of 10 and 19 which often is when the

child is moving towards leaving the protective guidance of the parents and finding their independence.(2) Often the child experiences a shift in fear from having an allergic reaction to not fitting in socially. This is why it is so important, that as parents, we don't minimize our child's feelings and help to build strength, resilience and optimism. As parents we must try to keep anxiety and fear in check and give our children good support and provide communication. Giving them these things can be empowering and it can go a long way towards allaying fears. Children take their cues from us, so if we stay educated about their condition and keep communication open, they will learn to do the same and have a greater sense of self confidence so that their condition won't isolate them, but empower them.

*"food allergies can be a hidden disease. With food being a central point in much of our culture, food allergies can cause social isolation for our children. We must take care to treat our children's mental well being, not just the physical."*

## PFAC FORUM—Getting Organized

The last few months we have been focusing on getting organized. The purpose of this is that often only one parent is fully aware of all the allergy & medical concerns of their allergic child. By getting organized, we bring all our knowledge together to make it easily accessible to others.

PFAC Group members organized



binders focused on getting all their child's medical, allergy, recipes, & resources together in one spot. This is something anyone can do at any time. Many members have commented how much easier it is to have it all in one area. The organization decreased their stress levels, because they didn't have to search to find the needed information. Our hope is to see all of our members do something similar.

This also ended up being an awesome resource time for members. Many members brought in their own

resources & these were shared amongst group members.

Our members are also getting to know one another better, sharing support & information. By becoming members of PFAC, we are learning that we can get through this trialsome time with allergies. We are learning that we are not alone & that others share our struggles, concerns, fears. However, we are also learning to share our joys, stories, & how we are growing from these experiences. There are many proud parents of kids that are doing an awesome job with their allergies.

**"WE LOVE PFAC!!!**

**WE DRIVE ALL THE WAY FROM SEWARD & MOOSE PASS TO THE MAT-SU VALLEY MEETINGS AND IT IS WELL WORTH THE TRIP. IT IS ENCOURAGING TO KNOW OTHERS GOING THROUGH SIMILAR CIRCUMSTANCES & OUR KIDS HAVE HAD A LOT OF FUN AT THE KID'S EVENTS! "**

**SEWARD AREA PFAC MEMBERS**

**THANKS FOR MAKING THE DRIVE!!!**

(1) [www.endofitjicarn.tripod.com/kidsoyoungadults](http://www.endofitjicarn.tripod.com/kidsoyoungadults)

(2) [www.allergy.org](http://www.allergy.org) - food Allergy and Anxiety, Dr. Broom 2005 issues Allergy Today



**AAFA AK PFAC  
PARENTS WITH FOOD  
ALLERGIC CHILDREN**

**SCHEDULE OF MEETINGS**

Questions???

Contact

Denise Lomelino,  
PFAC Group Leader:

Email:

*Or Leave a Message*  
**Phone: 907-696-4810**  
**Toll Free: 1-800-651-4914**

AAFA, AK Chapter  
PO Box 20197  
Anchorage, AK 99520-1927  
Fax: 907-696-4810

**MAY 2008**

SUN	MO	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Guest Speaker—Dr. Eric Meier

Topic of Discussion: **Eczema & Food Allergies**  
9:30-11:00 A.M. Mat-Su Regional Hospital

**JUNE 2008**

SU	MO	TUE	WE	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Topic of Discussion:

Playing it Safe: **Summer Safety Tips**  
9:30-11:00 A.M. Mat-Su Regional Hospital

**JULY 2008—NO MEETING**

SUN	MO	TUE	WED	THU	FRI	SAT
		1	2	3	4	CAX
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**No Meeting Due to Holiday**  
**Have a Safe & Happy 4th of July!**

**AUGUST 2008**

SU	MO	TUE	WE	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Topic of Discussion:

Staying Safe: **Back to School Q & A**  
9:30-11:00 A.M. Mat-Su Regional Hospital



*Thank You*



*Grazie*

*Obrigado!*

*Merci*

*ขอบคุณ*

*Hvala*

*Köszönettel*

**Give Thanks !**

I want to thank Bouncin' Bears for providing a wonderful, safe & fun environment for our kids. They worked really hard to make sure the place was clean and safe for our children. Thank you to everyone who came—you really helped to make Bouncin' Bears a success. Thank you AAFA AK for supporting this event and getting PFAC started! Dale, Suzi, & our Board of Directors made PFAC become a reality. I would also like to thank and welcome our new Medical Director, Dr. Rathkopf for coming on board with our group. We are so excited to have her as our Medical Director! Thank you to Brooke Loudon for helping coordinate with me in getting PFAC started. She had to step down due to family concerns, but was invaluable in getting this going. I would like to thank Nicole Holtery for designing & putting together our newsletter & publication for our Bouncin' Bears Event! Thank you! AND—last but, not least—Thank you to all of our PFAC members for making AAFA AK PFAC a success!!!

**Medical Disclaimer:**

The content of the aafa ak pfac's newsletter is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. For medical advice, please contact your physician or other qualified healthcare professional.

**AAFA AK PFAC  
PARENTS WITH FOOD  
ALLERGIC CHILDREN**

Or Leave a Message  
Phone: 907-696-4810  
Toll Free: 1-800-651-4914



*"Remember:  
Double Check All Information Every Time"*

*Check that all your vinegars & alcohol based ingredients (like Vanilla Extract) are NOT grain derived if wheat/gluten/corn allergic. These*

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## **TWO DELICIOUS EGG, DAIRY AND CORN FREE RECIPES CREATED BY LARRY & JESSICA STEPHENS**

### **Chocolate Cake**

3 cups all purpose flour  
12 teaspoon salt  
1 cup sugar  
1 cup brown sugar  
6 tablespoons unsweetened cocoa powder  
2 1/2 teaspoons baking soda  
1 teaspoon cream of tarter  
2/3 cup vegetable oil  
2 cups water  
2 tablespoons distilled white vinegar  
1 tablespoon vanilla  
1 cup **diary free** chocolate chips

- In a large bowl, combine all the dry ingredients together
- In a separate bowl, combine all the wet ingredients
- Pour the liquid ingredients all at once into the dry ingredients and beat until smooth
- Pour batter into a greased 9x13 inch pan
- Bake in a pre-heated 350 degree oven for 25 to 30 minutes (sometimes baking times are longer). After the recommended time check the cake with a skewer every 2 to 3 minutes until the skewer comes out clean.
- Let cool in pan

### **Fettuccini**

17 oz fettuccini pasta  
1 package Roads End organics Cheese Mozzarella style\* (mix according to directions adding more water until it is the consistency of thick gravy)  
2 cups soy milk  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 teaspoon ground pepper  
1 1/2 teaspoons kosher salt  
1 teaspoon Italian seasoning mix  
1– 12 oz container Tofutti brand sour cream supreme  
2 teaspoons arrowroot starch\* plus 2 oz hot water  
•Boil pasta according to

- While pasta is cooking start sauce mix in a large skillet by adding all ingredients except the arrowroot starch. Heat on medium until sauce is just about to boil. Turn down heat and keep at a simmer.
  - Mix the arrow root powder with the hot water in a separate bowl until smooth. Slowly add the arrowroot to the sauce mixture, stirring well until the sauce thickens.
  - Once pasta is done, drain well.
  - Once the sauce is thick, it is important to add the pasta to the sauce while the pasta is still warm. Toss together and enjoy!
  - Great additions include: shrimp, broccoli, mixed vegetables, or other proteins that are allergy safe.
- \* Can be found at the Natural Pantry. The Roads End Cheese is found in small powdered packets above the cheese section