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Volume 6, Issue 5

October 2008



AAFA ALASKA CHAPTER  
PARENTS WITH FOOD ALLERGIC CHILDREN

# The Daily Meter

## From the President:

### Avoid Halloween horrors with food allergy safety tips

For the 3 million children with food allergies, Halloween spooks and scares are not limited to vampires and witches. Candies containing peanuts or chocolate can be just as frightening.

According to the American Academy of Allergy, Asthma and Immunology, peanuts, tree nuts, milk, egg and soy are the most common food allergies to affect children. All are common ingredients in candy bars and other sweet snacks. A single bite of these foods can cause a life-threatening allergic reaction called anaphylaxis in some children. Each year, thousands of hospitalizations and 150 to 200 deaths are reported due to anaphylaxis from food allergies.

At Halloween, parents of food-allergic children must be extra vigilant. Remember that the small candy bars passed out to trick-or-treaters may have different ingredients than their regular-size counterparts. So, even if a certain candy is safe for your child, the 'fun size' version might not be. Carefully check ingredients on pack-

ages or company Web sites to ensure there is no risk for a reaction. If in doubt, throw the candy away.

Tips for creating a safe Halloween for food-



allergic children:

- ◆ Before Halloween, distribute safe snacks to neighbors and request that they be handed out to your child.
- ◆ Work with your child's teacher to plan a school party involving non-food treats, such as stickers or novelty erasers. Or, pack treats from home that other students can give to your child.
- ◆ Instead of trick-or-treating, host a party that focuses on costumes, pumpkin carving, games and other Halloween-themed fun.
- ◆ Teach your child to po-

litlely refuse offers of home-baked goodies like cookies or cupcakes.

- ◆ Consider participating in a charity trick-or-treat event to raise money for a good cause, rather than collect candy.

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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limits

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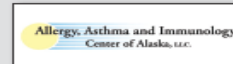
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AAFA Alaska believes that education enhances quality of life for people with asthma & allergies. The Alaska Chapter of AAFA has made a commitment to providing quality programs and information about allergies and asthma.

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# AAFA Alaska Chapters First Annual Food Allergy Forum

Please join AAFA Alaska for this informative event!

Saturday, November 22 2008.

1:00 to 5:15 at PAMC

Cost \$15.00 per person

1:00 to 1:25	Registration	
1:25 to 1:30	Opening Comments	
1:30 to 2:00	Food Allergy	Melinda Rathkopf MD
2:00 to 2:30	Eosinophilic Gastrointestinal Disorders	Jeffrey Demain MD
2:30 to 2:50	Q & A/Break	
2:50 to 3:20	Social/Emotional Impact	Denise Lomelino
3:20 to 4:00	Nutritional Management	Sherryl Meek RD
4:00 to 4:30	Eczema	Teresa Neeno MD
4:30 to 5:00	Asthma/Allergy Connection	Eric Meier MD
5:00 to 5:20	Q & A	



To register for this exciting event please contact

AAFA Alaska

Phone registration: 349-0637

E-mail registration: [aafaalaska@gci.net](mailto:aafaalaska@gci.net)

By mail: AAFA AK

P.O. Box 201927. Anchorage, AK 99520

Payment may be sent to our PO Box

(this event can accept payment by check only)

Space is limited, only 50 registrations

will be accepted for this event

Registration deadline November 18.

## Tis' the Season to Get Your Flu Shot:

Influenza will infect as many as 1 in 5 people in the United States during the coming flu season. An estimated 200,000 hospitalizations and 36,000 influenza-associated deaths will occur as a result. It is critical that individuals with asthma receive flu shots each year as protection against the illness and its results – missed work or school or severe health complications.

### I have asthma. Do I need a flu vaccine?

Yes! Although the flu (influenza) vaccine is not 100% effective against infection, it drastically reduces the chance of getting influenza. Adults with asthma are at high risk of developing complications after getting the influenza virus, yet most adults with asthma do not receive an annual flu vaccination.

Symptoms of uncomplicated influenza include fever, headache, fatigue, sore throat, dry cough, muscle aches and rhinitis. In addition, children may experience nausea, vomiting and earache. More serious complications may also develop, especially in those with asthma who are more susceptible to pneumonia and other chronic lung problems.

The flu vaccine is safe and effective, and all asthmatics are encouraged to get it as part of their routine annual care.

### Can I get the flu from the vaccine?

No. The flu vaccine is inactivated (killed), which means it cannot

cause infection. Flu vaccine manufacturers kill the viruses used in the vaccine during the process of making vaccine, and batches of flu vaccine are tested to make sure they are safe. According to the Advisory Committee on

Immunization Practices (ACIP), rare symptoms include fever, muscle pain and feelings of



discomfort or weakness. If these problems occur, they are very uncommon and usually begin soon after the shot and last one to two days.

### Why do some people still get sick after getting the vaccine?

There are several reasons why someone may get sick even after being vaccinated. It takes two weeks for the body to gain protection after getting vaccinated. A person exposed to influenza shortly after being vaccinated is at risk of contracting the illness. Get your flu shot early to make sure you are protected. People may also get sick from a different virus that causes flu-like symptoms, or be exposed to a virus that is not included in the vaccine.

Even so, the shot can lessen illness severity and is especially important for people at high risk for

serious flu-related complications (such as asthmatics, senior citizens and pregnant women) and the close-contacts of those individuals (caretakers, nurses).

Before getting vaccinated, talk with your doctor if you had a severe reaction to a flu vaccination in the past, or if you have had the rare Guillain-Barre Syndrome. Viruses for the flu shot are grown in eggs and an allergist should be consulted before vaccinating children with severe egg allergy.

### Can I take the nasal vaccine instead of the shot?

The nasal vaccine also contains a small amount of egg protein and is only approved for ages 2-49. The package insert warns against giving it to children with asthma, a recent wheezing episode or immunodeficiency. You will want to consult your doctor or your allergist if this applies to you.

**AAFA is going green!**

**If you would like to  
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**electronically, please  
call us at 349-0637.**



October 1, 2008

Volume 1, issue 2

**BOUNCIN' BEARS KIDS HOLIDAY EVENT**

Our 1st Annual Spring Social for Allergic Kids meeting held at Bouncin' Bears last April was a huge success.. This event exceeded our expectations.

Due to popular demand of this highly successful event, we have decided to offer our first Bouncin' Bears Holiday Event for Allergic Children & their Families. It will be held on December 6th from 10:00-NOON. This event is NOT at Mat-Su

Regional, but is held at the Palmer-Wasilla Bouncin' Bears location (close to the 4 Corners on Trunk Rd.). They give us an awesome price break, so we will have details on that soon.

This is a great event for allergic children & their families to connect with other allergic families. The staff at BB keeps the facility very clean & does an extra wipe down for our kids.

This is a NO FOOD event. Only WATER is allowed do to the varying nature of all our kids' allergies. Kids should wear comfy clothes for jumping.

This is a great event for the whole family—even dads will love jumping with their kids on these fun bouncers! Check it out at [bouncinbears.com](http://bouncinbears.com) for more information on their facility. Register early by contacting Denise [aafaFood@gci.net](mailto:aafaFood@gci.net).

**Special points of interest:**

- Public Conference: Asthma & Allergies
- Holiday Bouncin' Bears Kid's Event
- Fall/Winter Schedule

**QUESTIONS? CONTACT  
DENISE LOMELINO,  
MAT-SU PFAC GROUP  
DIRECTOR:**

EMAIL: [aafaFood@gci.net](mailto:aafaFood@gci.net)

PHONE: 907-696-4810

Or Toll Free: 1-800-651-4914

**PFAC MAT-SU FALL/WINTER SCHEDULE****Saturday, Oct. 4th:**

*Special Series on Menu & Recipe Ideas for the Fall/Winter Season: Holiday Planning with food allergies.* Tips & recipes on holiday planning.

**Saturday, Nov. 1st:**

*Special Series on Menu & Recipe Ideas for the Fall/Winter Season: Adapting Recipes to fit your child's allergy needs.* Bring a recipe & let's see if we can make it fit your child's allergies.

**SPECIAL EVENT!!!****SATURDAY, NOV. 22nd:**

Public Conference on Allergies & Asthma held at BP from 1:00 to 5:15P.M. More info to come.

**SPECIAL KIDS EVENT!!!**

**SATURDAY, DECEMBER 6TH:** Held at Bouncin' Bears 10 AM– NOON. Our first Holiday Event for Allergic Children & their Families. This event is NOT at Mat-Su Regional, but is held at Bouncin' Bears on the Palmer-Wasilla Hwy Register early! *WATER ONLY EVENT DUE TO ALLERGIES!!!*

**Saturday, Jan. 3rd:****NO MEETING!!!**

Have a safe & happy New Year's Weekend!

**Saturday, Feb. 7th:****OPEN FORUM:**

Regular Meeting at Mat-Su Regional: (9:30-11 AM)

RSVP's are welcome at [aafaFood@gci.net](mailto:aafaFood@gci.net).



## COOKING CORNER

### Joyful Quinoa Salad

**DOCTOR'S CORNER:**

Tips from our Medical Director,

**INJECTABLE EPINEPHRINE TIPS FOR THE WINTER**

1. Check your expiration dates.
2. Ensure your school anaphylaxis action plan is up to date,
3. Don't leave in the car or they will freeze.
4. Keep on you at all times!!!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
 ★ **"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.** ★  
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

I often get questions about how to use quinoa & what it is. Quinoa is one of the healthiest grains available. It is high in protein & has a similar texture to couscous, but is wheat free & gluten free. In using the quinoa pearls, it can be used in cold salads or cooked into a pilaf or meat dishes. The quinoa flakes are a great substitute if you are oat or rice allergic. They can be used instead of oatmeal in most any recipe. The flakes & pearls do not have a strong flavor, so they take on most of the spices you put into them. Quinoa flour does have a stronger flavor & should be mixed with other flours, so that breads, muffins, etc. don't come out with a bitter taste. Here is one of our favorite cold salads. It works great as a side dish, on a bed of lettuce, or for a lunchtime meal.

**DAIRY FREE, WHEAT FREE, GLUTEN FREE, CORN FREE, SOY FREE, EGG FREE, PEANUT/NUT FREE, POTATO FREE, RICE FREE and easily adapted to fit most dietary needs.**

Cooking Quinoa:

1 Cup Quinoa Traditional (I use the Ancient Harvest Green box brand from Fred Meyers)

2 Cups Water

Place quinoa & water in a pan & bring to a boil. Reduce & simmer for 12-14 minutes—basically until the water is absorbed. Place in a bowl & refrigerate to cool for a cold salad.

Cold Item Prep: Now prep your cold items to put into the salad.

1 Cup diced cooked turkey or chicken (or no meat for a vegetarian diet)

1 Cup Diced Celery

½ -1 Cup Cooked or Dried Sweetened Cranberries (can also put a little cranberry sauce in it)

¾ Cup Diced Apples

Dressing: Mix Apple Cider Vinegar, Agave Nectar (or Honey), a little lemon and allowable spices. I use a dash of celery salt, dash of garlic and onion. Use your favorite spices or none at all. The sweet & sour of the other ingredients are good without spices, too. Mix to taste.

Mix dressing & all ingredients except quinoa. Once thoroughly coated, gently mix in with the cooled quinoa. It is ready to serve immediately & tastes even better after a couple of hours. Eat & Enjoy :) Kids love pouring & mixing the cold ingredients!

Adaptations: This recipe can be adapted in a variety of ways—add more veggies & no meat. Add raisins, apples & chicken (no cranberry sauce) for more of a chicken salad. It also makes a great fruit salad by dicing fruits & using a little orange juice or yogurt in it.

\*\*\*Always double check all ingredients every time to make sure it is free from contamination with allergens.

Recipe by Denise Lomelino, PFAC Director

Questions regarding the recipe can be directed to Denise at [aafaFood@gci.net](mailto:aafaFood@gci.net)



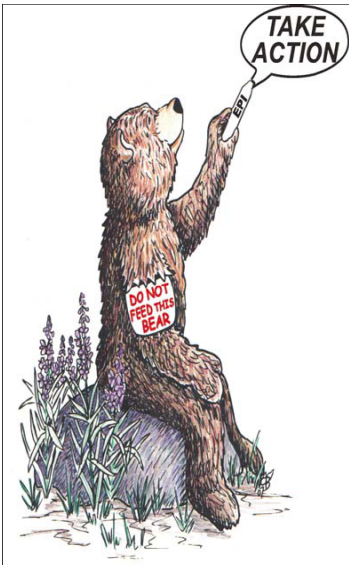
**AAFA AK'S ANCHORAGE  
EDUCATION & SUPPORT GROUP  
FOR PARENTS OF FOOD ALLERGIC CHILDREN**

Group meets the 3rd Saturday of  
the month from 9:30 to 11:00 am

Groups will begin Jan. 17

Location: AK Regional Hospital

**Jan. 17 *Let's Talk About Food Allergies***  
***Guest Speaker: Dr. Melinda  
Rathkopf will talk about Food  
Allergy Facts and Fears***



**Feb. 21 *Nutrition.***

***Let's share recipe's and talk  
about creative ways to meet our  
kids nutritional needs.***

**Mar. 21 *Food Allergy & Eczema***  
***Guest Speaker***

**April 18 *Let's Review: Auto Injectors,  
emergency action plans, child care/  
babysitter instruction cards.***  
***What do we do with our teens?***

**May 23 *Topic TBA***

*Let us know you are  
interested!*

696-4810

or

aafaalaska@gci.net



Asthma and Allergy  
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ALASKA CHAPTER

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## **AAFA Alaska's Food Allergy Education & Support Groups**

**We are a nonprofit organization working to help families with allergies & asthma.  
We provide monthly support group meetings, online resources, and personal support  
to help parents with food allergic children**

**GROUPS NOW AVAILABLE IN ANCHORAGE AND THE MAT-SU VALLEY**

Would you like to know more?

In Anchorage/Eagle River call 696-4810 or e-mail [aafaalaska@gci.net](mailto:aafaalaska@gci.net)

In the Mat-Su Valley call 800-651-4914 or e-mail [aafafood@ggci.net](mailto:aafafood@ggci.net)

### **Anchorage Support Group Winter Schedule**

Jan. 17 *Let's Talk About Food Allergies*

*Guest Speaker: Food*

*Allergy Facts and Fears*

Feb. 21 *Nutrition.*

*Let's share recipe's and talk  
about creative ways to meet our  
kids nutritional needs*

Mar. 21 *Food Allergy & Eczema*

*Guest Speaker*

April 18 *Let's Review: Auto Injectors,*

*emergency action plans, child care/  
babysitter instruction cards.*

*What do we do with our teens?*

For more information or to RSVP, please call  
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