

INSPIRATION NEWSLETTER



Asthma & Allergy Foundation, St. Louis Chapter • Fall/Winter 2012

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Upcoming Events

2012 Events

Oct. 20 - Gateway FEAST's Trick or Trinet Halloween Party
(food free=food allergy free)

Nov. 3 - AAFA's 8th Annual Trivia Night

Nov. 12-16 - Jule Lingerie & Loungewear Fundraiser

Dec. 11-12 - Copia Restaurant Fundraiser

Dec. 22-23 - Galleria Gift Wrap Fundraiser

2013 Events

March 2 - Orchid AAFAir

May TBD - 5K Run/Walk & Asthma/Allergy Fair

Aug. 12 - Annual Golf Classic

Ongoing - 100+ Project



Asthma and Allergy
Foundation of America®
ST. LOUIS CHAPTER

Gesundheit!

Summer always seems to go by in the blink of an eye and as we get ready for the fall, many of us are preparing for seasonal allergies and making back to school to do lists. There are some key changes you should know about this allergy season that we will share with you in this issue of Inspiration. We are happy to inform you that House Bill 1188 passed in the Missouri Session and was signed as a bill by Gov Nixon. This Bill allows school nurses and trained employees to stock albuterol as a stock medication for any child who may be suffering from an asthma attack. This is a monumental win for school nurses and school aged children. In addition to that, our partner pharmacy, Beverly Hills Pharmacy, is supplying nebulizer albuterol (a box of 25 single use vials) to all the schools in the St. Louis City and County Schools. Please call our office for more details. If your school does not have a nebulizer, we can help there, too (see pg. 3 for more info)!

We are excited to bring you this on line newsletter . Our hope is to keep better communication with you and vice versa. We look forward to hearing from you!

Enjoy the St. Louis foliage in a couple of months!

Joy B. Krieger, Executive Director

Asthma & Allergy Capitals



This year, St. Louis ranked #7 as one of the most challenging cities to live in with asthma. This list is available at asthmacapitals.com and is based on 12 factors including the number of people in the city suffering from asthma, natural allergens, pollution, access to medical care, local health laws, poverty rate, and more.



For the fall season, St. Louis typically ranks in the top ten as one of the cities with the worst allergies. Ragweed is a top culprit this year and is thriving from the dry summer. The best way to avoid these outdoor allergies is to stay inside on days when allergen counts are high (we list the pollen, mold, and ozone summary daily on our Facebook and Twitter pages). Also keep your windows closed and your home and car air systems (AC or heat) running and replace your filters often. With these high rankings, it's easy to see the great need for asthma/allergy awareness and care in St. Louis!

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JOY B. KRIEGER, Executive Director

Back to School Tips

As you send your child back to school this year, here are some best practices to ensure your child's safety at school.

Complete Medical Information-Be sure your child's medical information is complete, up to date, and in a form that is easily understandable by the school staff. Also be sure to sign any medical release forms and update emergency contact information in case of emergencies at school.

Medication and Equipment Stocked at School-Ensure your school nurse has all current prescriptions and any other medical equipment that they might need (e.g. aerochambers, peak flow meters). Also, it is important to make sure that your school has a copy of your child's asthma/allergy action plan and that your child knows it as well if he/she is old enough.

Asthma/Allergy Management-Educate your child, school nurse and teachers on when your child needs to take his/her medications and what to do in case they have an asthma exacerbation or allergic reaction at school. Also make sure that your school nurse and/or child's teacher know how to properly administer life-saving medications (i.e. epinephrine or albuterol).

Check School for Triggers-Set up appointments to meet with the school nurse, your child's teachers, including the physical education teacher and even the principal at a time when the school staff is not too busy. At your initial visit to the school, check to see if there are any obvious asthma/allergy triggers and to talk with teachers such as coaches and the school nurse about the warning signs of an asthma attack or allergic reaction.

Teach Responsibility-Speak to your own children about their responsibility to take asthma and allergy medications or not to take food from other kids (if they have food allergies). Even at an early age, it is critical that your children begin to identify symptoms and learn to ask for help.

Don't Be Afraid to Ask-If your child has food allergies, check with your school's cafeteria about menu options and district food policies and special accommodations.

Give Clear Directions-Be clear and concise about the seriousness of the allergy, what your child is allergic to, and what can be done to ensure safety. It may help the staff if a picture of your child is posted in the kitchen.

More Resources-For a complete back to school online resource toolkit and to learn more visit www.aafa.org/schools, for tips, advice and downloadable materials to help you start the school year right.

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AAFA-STL is Working to Keep Your Children Safe in School

House Bill 1188-Emergency Asthma Medication In Schools

Great news for your child's safety at school! AAFA-STL relentlessly worked with key volunteers to pass House Bill 1188 in order for schools to stock emergency asthma medication like albuterol. This means that albuterol doesn't have to be prescribed for one specific child, rather the medicine can be used on any child with an asthma exacerbation. This new law mimicks the existing epinephrine law allowing schools to stock epinephrine – the first line of treatment and the only indicated treatment for food-induced anaphylaxis, according to the food allergy guidelines developed by the National Institute of Allergy and Infectious Diseases (see article below on how schools can get free EpiPens!). This is a huge step forward for the safety of children with asthma. While schools are responsible for getting their medical director to prescribe this live-saving medication, AAFA-STL and Beverly Hills Pharmacy are working together to help provide schools with these life-saving medications, education and supplemental equipment as needed. Visit www.aafastl.org for more information.

Working with your Schools on Food Allergy Prevention &

Missourians are fortunate to have laws that protect children with asthma and allergies. For example, all public schools in Missouri were required to have a food allergy prevention and response plan in place by July 1, 2011. Each school in the City of St. Louis was given a toolkit from St. Louis Children's Hospital's Food Allergy Management & Education (FAME). This kit provides schools with the resources and other education components of a comprehensive school-based food allergy program. However, there are gaps in awareness among school professionals. While AAFA-STL is working with FAME to help educate all school personnel on how to create a plan for food allergy prevention and management in their schools, there are some great ways you can advocate on your child's behalf.

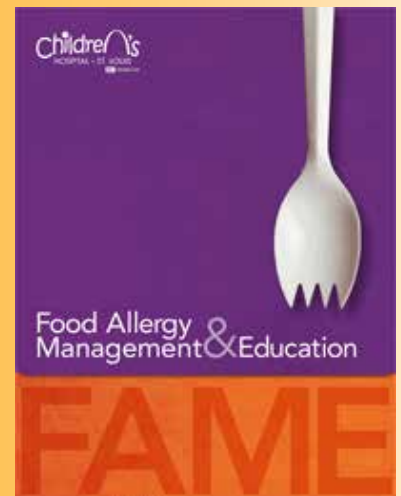
Throughout all of your interactions with school district personnel, it is best to establish a relationship of cooperation and mutual respect when it comes to your child's asthma and allergies. If any issues arise where you feel your child is not in a safe environment, the first step is to try to resolve the matter, amicably, with the person(s) directly responsible. Most often, this is a teacher who might not understand allergies/asthma and the impact it has on your child's health. Request a meeting or telephone conference with the teacher(s) or school personnel in an effort to help them to better understand your concerns. Your mutual goal is what's best for your child!

Connecting Schools with Free EpiPens

Through Mylan's EpiPen4Schools™ Program, qualified public and private kindergarten, elementary, middle and high schools schools can obtain four free EpiPen® or EpiPen Jr® Auto-Injectors at no-cost! Schools must have a valid prescription. To participate, a school nurse or other authorized school representative must visit www.EpiPen4Schools.com to download the order and certification form, then fax or email the form with a valid prescription to 1-973-718-4328 or info@bioridgepharma.com. Alternately, school representatives can call 1-973-845-7600 to speak with a live representative.



Schools can now have emergency asthma medication in stock to make sure that every child is safe.



Every school must have a plan in place to help prevent and manage food allergy reactions.



GET IT DONE
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Get It Done is pleased to announce that we are working with the Asthma and Allergy Foundation of America, St. Louis Chapter to help create healthy home environments.

Did you know that many asthma and allergy triggers can be eliminated from your home and reduce symptoms for sensitive family members?

We've put together a special 65-point home inspection to help identify asthma and allergy triggers in your home.

Our owner, Steve, has completed the Healthy Homes Essentials training and has earned a "Healthy Homes Specialist" credential through the National Center for Healthy Homes and can now perform Healthy Homes inspections.

This 65-point home inspection helps families identify and remedy environmental issues based on the National Center for Healthy Housing's seven basic healthy homes' principles: Keep it dry, keep it clean, keep it ventilated, keep it pest-free, keep it safe, keep it contaminant-free, and keep it maintained.

In conjunction with AAFA-STL we are offering this inspection for just \$90 (a \$140 value).

And, for every five inspections we do, Get It Done is donating an hour of service to help AAFA-STL's clients - families with children/young adults up to the age of 22 who have been diagnosed with asthma and/or allergies of all types and who are either uninsured or underinsured.

Visit us at www.getitdoneinc.com



Common Cold & Allergy Medications Become Harder to Access

Have you ever needed immediate relief from your seasonal allergies and colds and found yourself running to your local pharmacy for over-the-counter medication? You're not alone; 60 million American adults and children live with asthma and allergies and more than 300 million Americans get the common cold an average of five times a year.

However, did you know that your ability to get quick access to relief medicine may disappear? Many local municipalities have passed laws that make common cold and allergy medications such as Sudafed and Claritin-D prescription only because they contain Pseudoephedrine (PSE). This ingredient is used to make methamphetamines or "meth." There is no disagreement that meth abuse is a problem in Missouri. Still, AAFA-STL opposes the prescription mandate as it is not a rational solution. It takes away patient freedom by requiring prescriptions for important over-the-counter medications. It imposes unnecessary medical, financial and time burdens that unjustly penalize law abiding citizens.

Instead, an effective alternative entails enforcing federal purchase laws through a real-time, stop-sale system. For about a year, Missouri has been participating in the National Precursor Log Exchange (NPLEX), an electronic technology that tells clerks in a retail store or pharmacy if a person is attempting to purchase a product containing PSE that exceeds the legal limit and immediately blocks the sale. Furthermore, information on sales and attempted sales are collected for law enforcement to prosecute meth makers. Prescription medications are not allowed to be tracked and so by requiring a prescription for these medications, we will lose all ability to track criminals (who can still go to a doctor and get their own prescription). In the short time that the real-time, stop-sale system has been up and running in Missouri, it has blocked thousands of illegal sales each month. This law enforcement-focused approach is a much more reasonable and appropriate approach to the meth problem in our state. The NPLEX system is the only real-time, stop sale solution that also maintains consumer access to safe and effective cold and allergy medicines containing PSE.

AAFA-STL is in favor of making harsher laws to stop the meth makers but is against making these FDA approved over the counter medications now require a prescription. Our healthcare system is burdened already and this places an additional burden and cost to the consumer. They will need to make an appointment with their physician, take time off work, pay a co-pay (if they have insurance) and now pay a higher cost for the medication. If someone doesn't have insurance then it will be even harder for them to get the medicines they need.

Check with your local pharmacy to understand what regulations exist in your municipality regarding over-the-counter cold and allergy medications. If you need a prescription, either try a different municipality or contact your primary care physician for a prescription. (And then call your local elected officials to let them know your stance on making these medications prescription only!)



Allergy Friendly St. Louis

As food allergies are on the rise, affecting an estimated 1 in 13 U.S. children, so is the need for making our communities more allergy aware. Many businesses and schools are making efforts to become more allergy friendly, not only to help accommodate the growing population of food allergy sufferers, but also because it is a savvy business strategy. Our partnership with St. Louis Children's Hospital's Food Allergy Management and Education program (FAME), is already having a positive impact on the way schools prevent and handle food allergies.

Some local attractions that have created an allergy friendly atmosphere are the St. Louis Cardinals and Circus Flora. The Cardinals have a special seating section where they ban peanuts for a few games each year. Circus Flora makes their preview night a peanut-free one before the peanuts have time to invade! We hope that other local attractions will follow these examples and quickly pick up on the civic and monetary benefits of doing so.

While there are many different types and severities of allergies and each business is unique in how flexible they can be with allergy friendly options, we encourage businesses to consider becoming allergy friendly in any way possible. We are happy to help! AAFA has started planning an allergy friendly restaurant campaign in St. Louis and are working with a national allergy friendly restaurant website, www.AllergyEats.com and the local support group, Gateway FEAST to bring you resources on finding allergy friendly restaurants in our area. Stay tuned to our website (www.aafastl.org) in the near future as we launch this new initiative!

In the meantime, be sure to visit www.AllergyEats.com to see allergy friendly reviews of local restaurants in our area and list your own reviews!

Allergy & Asthma Friendly School

Looking for an allergy free place for your child (ages 2 1/2 -5) where you know that your child will be safe from allergy and asthma triggers? One school that is taking safety for asthma and allergy sufferers to the next level is St. Stephen ECD & Preschool. St. Stephen is the only allergy free pre-school in our area and a safe haven for children with allergies and asthma. Check them out at www.allergyfreepreschool.org or call (314)752-4433.



Contest

Many people are scared to use their EpiPen or other epinephrine injector device and that is a SCARY FACT! Whether it is the person with food allergies, their caretaker, or a nearby friend, everyone should know and be comfortable with using these life-saving devices. If you are having a serious allergic reaction (anaphylaxis), don't wait or try to use something less effective. Epinephrine is a natural chemical that your body already creates and these injectors are just giving you the extra amount your body needs to overcome the allergic reaction.

We decided to have a fun contest to raise awareness about this serious issue. From now until January 15th, 2013 we will be taking submissions and looking for the best songs about how to correctly use your epinephrine injector!

Prizes will be based on age and whether the submission is from one person or a whole school classroom, etc. They will be worth it though and the most important thing is that you know how to use your device!

AAFA-STL Sample (rap it out ;)

I don't care much bout the ghosts and the goblins but if you wanna bring peanuts round me we gonna have problems

Maybe y'all can eat whatever you want but I gotta be picky man or I'll be in the E.R.

Milk doesn't do my body good and soy sure don't bring me any joy and I'm not sure about fish and the other ones but I'm not messin' with no crustaceans

It's all good, I ain't worried, there's no need to panic. I packed my EpiPen and I know how to jam it.

BLUE IN THE SKY AND ORANGE IN THE THIGH. YEAH IT'S BLUE IN THE SKY AND ORANGE IN THE THIGH

Y'all should know too cause if I can't breathe and turn blue, you gotta save me with

BLUE IN THE SKY AND ORANGE IN THE THIGH. YEAH IT'S BLUE IN THE SKY AND ORANGE IN THE THIGH

Don't be scared it won't hurt me
You just gotta know how to work it

BLUE IN THE SKY AND ORANGE IN THE THIGH. YEAH IT'S BLUE IN THE SKY AND ORANGE IN THE THIGH

I read a lot of labels, I ask a lot of questions, but food allergies can be sneaky, they really keep me guessin'

Still ya know every day, I got em' in check mate, no matta what's on my plate

BLUE IN THE SKY AND ORANGE IN THE THIGH. YEAH IT'S BLUE IN THE SKY AND ORANGE IN THE THIGH

I gotta love my EpiPen, cause' some days it's my best friend

SEND SUBMISSIONS TO JCONICK@AAFASTL.ORG

Get Involved!

Become a Part of the Asthma & Allergy Foundation, St. Louis Chapter

There are many great ways to get involved with our organization. We are fully funded by amazing donors, grants and fundraising events that support our local programs in the St. Louis area. Our work would also not be possible without the great volunteers who give us their time and talents through health fairs, educational classes, fundraising events and more. Whether you are looking to volunteer your time, attend a fundraising event, sponsor or donate to our mission; check out our website to see how you can get involved!

Sign Up for a Study

If you suffer from asthma and/or allergies, you may be eligible for free exams, treatments and may be compensated for your time.

- **Clinical Research Center** - A nationally-recognized study site in St. Louis for allergy, asthma and other respiratory illnesses. All Clinical Research Center studies are conducted by specialty-trained physicians and registered nurses. To find out more, visit www.clinicalresearchcenter.com or call (314)514-8509.
- **Radiant Search** – is currently seeking children age 12 and older who are currently taking medication for asthma, they may qualify for a clinical research study of an investigational medication. Qualified participants will receive all study-related care and study medication at no charge and may be compensated for time and travel. For more information: Address: 675 Old Ballas Rd., Suite 200, St. Louis, MO. Phone: (636)CALL-NOW (225-5669). Or visit their website at www.radiantresearch.com
- **The Washington University Research Participant Registry (RPR)**- Invites people of all ages and backgrounds to participate in our research studies. The studies are at no cost to you and many of them offer compensation to participants. To view all Research Participant Registry studies visit <https://vfh.wustl.edu> or call (314)362-1000

Join A Support Group

Were you or your child recently diagnosed with life-threatening food allergies? Is your mind spinning with questions of how to live a normal life? GatewayFEAST (Food Allergy, Eczema, & Asthma Support Team), a local support group is here to help. This group shares resources and tips with each other not only about food allergies but also discusses the other conditions listed in their name. They also have several allergy-friendly fun events geared toward children throughout the year. Connect with them on Facebook, Yahoo Groups, by email gatewayfeast@gmail.com or by visiting www.aafastl.org under the "Resources" tab.

Donate

The life-saving medications, educational programs, and public health advocacy that we provide to the community is all made possible by donations from individuals, grants, and businesses. These donations stay right here in St. Louis to help our community with the growing population of those suffering from asthma and allergies. We have a lot of people to help! Donations are fully tax deductible and can be made by check, cash, or credit card to our local office. We are also always looking for sponsorships, auction donations, and ticket purchases for our numerous fundraisers.

A Giant THANK YOU to these Key Donors

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Drs. Gregg & Susan Berdy
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INSPIRATION NEWSLETTER



AAFA-STL: IN THE COMMUNITY

Asthma and Allergy Foundation of America, St. Louis Chapter

The Asthma and Allergy Foundation of America, St. Louis Chapter, serves those affected by asthma and allergies of all types through education, support and medical resources.

The Facts:

Nationally, 1 in 15 have Asthma

7%

20%

In St. Louis, 1 in 5 have Asthma

#1 Asthma is the #1 Reason Children Visit the ER

#1 Asthma is the #1 Reason Children are Hospitalized

Medication meant to prevent Asthma attacks cost between \$120 and \$270 per month - without insurance

A 2003 study reported that the average annual costs for a person with severe Asthma was \$12,813.

When AAFA-STL Steps in:

Project Concern: AAFA-STL's comprehensive Asthma and allergy management program that provides prescription assistance, education, and equipment to eligible children and young adults that are uninsured or underinsured.



376	363	56	21	22,910
Allergic Bedding Encasings Provided	Pieces of Asthma Equipment	St. Louis Schools Received Equipment	Asthma & Allergy Education Classes taught	People reached through health fairs, screenings, and classes

141 Active Volunteers

968.2 Hours

Community PARTNERS
St. Louis Children's Hospital - Healthy Kids Express - Christian Hospital Asthma Management Program - Cardinals Care Redbird Rockies - Gateway FEAST - St. Stephen ECD & Preschool - St. Louis City Health Dept.

Funding Sources

