

INSPIRATION

a publication of the
Asthma and Allergy
Foundation of America,
St. Louis Chapter



Asthma and Allergy Foundation of America, St. Louis Chapter • Fall/Winter 2015



Asthma and Allergy
Foundation of America®
ST. LOUIS CHAPTER

Upcoming Events

Tuesday, October 20

Will To Give for Small Businesses
@Zydeco Blues, 11:30am-1pm

Friday, October 23

United Way Bake Sale Fundraiser
@AAFA-STL office (outdoors), 9am-1pm

Saturday, October 24

Trick or Trinket Food Allergy Friendly
Halloween @ St. Luke's, 3-5pm

Wed. & Thurs., November 4 & 5

Asthma Educator Institute @ John C.
Murphy Health Center, Berkeley, MO

Saturday, November 14

AAFA-STL's 11th Annual Trivia Night
@JCC Staenberg Complex, 7-10pm
Creve Coeur, MO (see back page)

Monday, November 16

Formulary Review Meeting
@AAFA-STL Office, 6-7:30pm

Wednesday, November 18

Asthma-Ready Clinician Training
@ STL County Public Health Campus,
8:30am-12:30pm, Berkeley, MO

Sat. & Sun., December 19 & 20

Gift Wrap Fundraiser @ the Galleria Mall
Call 314.645.2422 for more event info!

**This newsletter is made possible
through support from GlaxoSmithKline**

A Message from Our Executive Director

Dear Friends & Supporters,

2015 has been a year of remarkable growth for the Asthma and Allergy Foundation of America, St. Louis Chapter (AAFA-STL). Much of this momentum can be attributed to the recent budget bill signed into law in Missouri (HB 2011), in which providers who perform asthma home assessments and education for eligible families are qualified to receive Medicaid reimbursement. Missouri is the first state to pass a budget bill of this nature, and AAFA-STL staff, policy committee and community partners are incredibly proud of the tremendous effort and energy that went into making this funding a reality.

Coupled with HB 1188, which passed in 2012, the aforementioned asthma budget bill has put AAFA-STL's robust advocacy efforts on the national map. In the last calendar year, the agency has been asked to share our legislative successes and grassroots strategies with several entities and health summits across the nation, including:

- The Brookings Institution
- Milken Institute School of Public Health at George Washington University
- Southern California and Minnesota Departments of Health
- EPA, HHS, HUD and Mount Sinai University Hospital's Asthma Summit
- National Conference of State Legislatures' Annual Legislative Summit

Finally, we are pleased to announce that the Missouri Foundation for Health has recognized our significant contributions to improving health outcomes in the State, and has just awarded a \$30,000 grant for continued advocacy services.

None of these accomplishments would have occurred without the continued support from YOU and the community. More than ever before, thank you for helping a child breathe easier!

Joy B. Krieger, MA, RN
Executive Director



Asthma and Allergy
Foundation of America®
ST. LOUIS CHAPTER

Founded by two St. Louis-area allergists, Dr. Raymond Slavin and Dr. Phillip Korenblat, and Marilyn Horst, a Medical Social Worker at Cardinal Glennon Children's Medical Center, The Asthma and Allergy Foundation of America, St. Louis Chapter "opened its doors" in 1981. Seeing the tremendous need in the St. Louis community for an organization that could provide underserved children with life-saving asthma and allergy medications, equipment, education and support, Slavin, Korenblat and Horst created the Project Concern program (now called BREATH), which continues to serve uninsured and underinsured kids to this day. A school nurse asthma equipment program, educational, advocacy and other support programs followed, and are key components of AAFA-STL's mission.

AAFA-STL is one of five chapters of the Asthma and Allergy Foundation of America, which is headquartered outside of Washington D.C.

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

Staff

Joy Krieger, Executive Director
Terri Burton, Office Manager
Reagan Nelson, AE-C, Program Director
Amy Trapp, Director of Development
Jessica Green, Director of Public Awareness
Emily Vandas, Program and Volunteer Manager
Wendy Chromoga, Asthma Coach and Program Assistant



Bridging Resources to Encourage Asthma Treatment & Health

Bridging Resources to Encourage Asthma Treatment & Health (BREATH) is a comprehensive asthma and allergy management program that provides prescription assistance, durable medical equipment, education and support to eligible uninsured or underinsured children (under the age of 22) who have been diagnosed with asthma and/or allergies. Client families must also fall within 200% of the federal poverty guidelines. BREATH provides co-pay and full-pay Rx assistance to those who qualify.

Counties Served:

St. Louis City (MO)

St. Louis County (MO)

St. Charles (MO)

Jefferson (MO)

Madison (IL)

St. Clair (IL)

Last year, AAFA-STL served 693 client families through BREATH, filling over 2,000 prescriptions and providing over 1,000 bed encasings & 230 pieces of asthma equipment. Also, 75% of clients had Rx coverage upon exit of the program.

For more info: aafastl.org/BREATH

Client Spotlight: Danielle Brice

Diagnosed at the age of four with asthma, Danielle Brice and her mother, Lakisher, know first-hand how challenging life can be with this chronic disease. A BREATH client since 2011, ten-year-old Danielle has received co-pay assistance to afford her prescription medications, as well as allergic bed encasings and asthma equipment. In addition to asthma, Danielle also has seasonal allergies and an allergy to medicine dye.

"AAFA-STL has helped us with the medicines my child needs to live a healthy life with asthma," says Lakisher. "Her quality of life has improved greatly since entering the program."

Lakisher and Danielle look forward to the healthy home visit that AAFA-STL will provide for them as part of the comprehensive BREATH program. Says Lakisher, "This will help me maintain a healthy home environment for my children, and that is priceless."



"Her quality of life has improved greatly since entering the program, and she is now able to manage her asthma."

SLCCR

SAINT LOUIS CENTER FOR CLINICAL RESEARCH

We are conducting a clinical trial for asthma patients to determine if a long acting inhaler used with a steroid inhaler is safe and more effective than use of a steroid inhaler alone.

To participate in this 29 week study, you must be:

- 12 years of age or older
- Currently using a daily medication to treat your asthma
- Willing to make 5 office visits, receive 4 phone calls and keep a daily electronic diary of your asthma symptoms

You must have had an episode of worsening asthma in the last 12 months requiring treatment with oral steroids or a hospital stay.


You may not participate if you are a smoker or have a history of chronic bronchitis, emphysema or COPD.

All patients participating will receive a steroid inhaler or a steroid inhaler plus a long acting inhaler to treat their asthma.

You may be compensated for your visits to the office while in the study.

If you would like more information and see if you qualify for this study, please contact our research nurse, Missy at 314-543-5225.

10012 KENNERLY ROAD • SUITE 101 • SAINT LOUIS, MISSOURI 63128
TELEPHONE (314) 543-5225 FACSIMILE (314) 543-5205





Volunteer Spotlight: Toni Faller

Toni Faller has been a faithful volunteer with AAFA-STL for over five years, with a focus on assisting with special events. Her compassion, caring nature and willingness to help at a moment's notice really make Toni a volunteer superstar! Whether it be creating beautiful auction baskets, serving as a committee member, judge and bar volunteer for our huge annual trivia night, or helping with general office administrative tasks,

Toni says volunteering with the agency is a true "joy" (and not just because she has been long-time friends with AAFA-STL's Executive Director, Joy Krieger!) Says Toni, "I have never volunteered with an organization that is so passionate about what they do. You cannot help but get involved when you see the good works and major accomplishments they have achieved—including getting two bills passed in the Missouri Legislature to improve asthma care."

She also adds, "My husband Mark and I are involved because we are able to give that commitment. This organization does so much to help kids and families in the community, and it takes special leadership and great dedication from staff to make that possible. Everyone deserves good health care." Toni, we thank you for your time & talent. Every non-profit deserves a volunteer as wonderful as you!

"I have never volunteered with an organization that is so passionate about what they do."



AllergyEats, the leading guide to allergy-friendly restaurants nationwide, will undergo a major redesign of their website and app, with the slated release being early November! Stay tuned to www.allergyeats.com and the AllergyEats app for new, improved features and functionality. We can't wait to see the site & app!

Proud member of



The United Way of Greater St. Louis helps 1 in 3 people in our region, and more than \$1 million each week is invested in the community to help people through United Way. You help build a healthier community every day, simply by donating. Consider supporting their campaign through Oct 31! www.stl.unitedway.org



AAFA-STL is pleased to be holding a Strides for Safe Kids Family Walk and Expo in May 2016! This event will include a food allergy fundraising walk and allergy-friendly exhibitors. We encourage all families interested in supporting food allergy education and awareness to attend. More details to come!



WILL TO GIVE

for Businesses & Business Owners

Please join us for Will To Give, a luncheon seminar where you will discover how YOU can leave a legacy that is not only simple to set up, flexible and tax effective; but can provide long-term assistance to your charity of choice while avoiding the costly legal expenses of probate.

Tuesday, October 20, 2015 (11:30am - 1pm)

Zydeco Blues
1090 Old Des Peres Road Des Peres, MO 63131
(Lunch is provided!)

RSVP: Amy Trapp, 314.645.2422 x6
atrapp@aafastl.org or aafastl.org/willtogive



Ask the Allergist!

For a list of local allergists and specialists, please visit aafastl.org/allergists

1. How are fall allergies different than spring allergies?

In general, fall allergies are more severe than allergies that occur at any other time of the year. Ragweed begins pollenating in mid-August and lasts until late October. It affects more people than any other allergen, and pollen counts in St. Louis are always high. In addition to ragweed, mold counts are also highest in the fall. Mold spores come largely from grain fields, and the fall is when farmers are threshing their fields, liberating large amounts of mold spores.

2. What are your tips for minimizing symptoms during fall allergy season?

Minimizing symptoms begins with environmental control, namely, reducing exposure to ragweed and mold. Particularly heavy exposure to mold comes from barns, hayrides, raking leaves and mowing lawns. From the beginning of the season to the very end, windows must remain closed in homes and cars. A number of helpful medications can be used to treat allergic rhinitis (hay fever). They include oral, non-sedating antihistamines, cortisone nasal sprays and antihistamine nasal sprays. For those patients who do not respond, immunotherapy (allergy shots) may be helpful.

3. Why is the St. Louis area impacted so greatly every spring and fall?

The St. Louis area impacts allergy sufferers greatly because we are in a river valley and pollen and mold generated in our region stay here. We also have the appropriate temperature and humidity for mold and ragweed growth. In addition, winds from the west bring mold spores from the wheat fields of Kansas, and winds from the east bring mold from the corn fields of Illinois.

4. Why are seasonal allergies particularly challenging for those with asthma?

Seasonal allergies may affect both the upper airway (allergic rhinitis) and lower airway (asthma.) Over 90% of asthmatics also have rhinitis, and about 50% of rhinitics have asthma.

Raymond G. Slavin, M.D., M.S.
Professor Emeritus, Saint Louis University School of Medicine
Co-Founder, Asthma and Allergy Foundation of America,
St. Louis Chapter

Board Officers

Sue Berdy, M.D., *President*
H. James Wedner, M.D., *Past President*
Dave Birkenmeier, *1st Vice President*
Joel H. James, *2nd Vice President*
Hamsa N. Subramanian, M.D., *Secretary*
Brett A. Johnson, *Treasurer*
Bill Reichhardt, *Ex Officio Member*
Raymond G. Slavin, M.D., *Advisor*

Board of Directors

Bradley A. Becker, M.D.
Amy Bulpitt
Richelle Clark
Zachary Clark
Abby Cohen
Barbara Corn, RN, BSN, MA, CPHQ
Lisa S. Davidson, PhD
Phil Dean
Jim Gwinner
Lillie M. Jackson
Joyce D. Johnson, M.D., FAAP
Lisa Lubsch, PharmD, AE-C
Kathleen McDarby, RN, BSN, MPH
Michael McMurtrey
Lisa Meadows, RN, PNP, BC
Hua Pan, PhD (Board Fellow)
John H. Niemeyer, M.D.
Brandon Smith (Board Fellow)
Jeff Ward
Terry Weiss, M.D.

Advisory Committee

Victoria Babu
W. Randolph Baker
Anne Birkenmeier
Michael Borts, M.D.
Brenda Ernst
William J. Gleason
Joan Gleich
JD Glisson
Akemie Gray, M.D.
Seth J. Hawkins
Marilyn Horst
Lon D. Lowrey
Steve Maitland
Dan McLaughlin
Ross Palis, M.D.
Jeff Rainford
David S. Spewak
Cathy Steele
Raj Tailor

Emeritus Trustees

Phillip Korenblat, M.D.
Raymond G. Slavin, M.D.

Mike & Jenny's Story

Mike and Jenny McLeland have quite a story to share. The married couple, who currently reside in the St. Louis area with their twins, both love the outdoors and staying physically active, but have battled severe asthma for most of their lives.

"I ran track in high school and college, and at least once a season, had to go to the ER because of an asthma attack," Jenny recollects.

Similarly, Mike grew up wheezing and coughing throughout childhood and young adulthood, ending up in the hospital with frequency, and eventually, quit sports altogether.

In 2006, a decision to enroll in a Bronchial Thermoplasty (BT) study changed their lives forever. While both working at Washington University, Mike came across the info about BT and shared it with Jenny.

A few months later, they both were treated with BT, which is comprised of three outpatient procedures. BT reduces asthma attacks by reducing airway smooth muscle. With less smooth muscle, the airways constrict less, reducing asthma attacks and making breathing easier. The benefits of BT were instantaneously felt.

"After the treatment, things just turned around," says Mike. "I finally felt like a normal person."

Since BT, Mike and Jenny have completed several endurance events, including a triathlon, half marathons, and a few intrastate bike rides in Mike's home state of Iowa.

"Living with severe, uncontrolled asthma had become my norm," says Jenny. "BT has changed all of that."

For more info on BT and to hear patient stories, including Mike & Jenny's, visit www.btforasthma.com.

Resources for Every School Confronting Unexpected Emergencies (RESCUE) is a program that provides equipment used for asthma emergencies to school nurses who treat children with asthma and allergies, and whose schools are in our six-county service area. Fully launched in 2012 after HB 1188 passed (allowing schools in MO to stock asthma rescue medication), schools served by RESCUE typically have a free and reduced lunch percentage of 25% or greater. Our partner pharmacy, Beverly Hills Pharmacy, has also helped tremendously by providing schools with their first round of rescue medication. In 2014, 176 schools received asthma equipment through RESCUE, including 82 nebulizers, 1,532 nebulizer attachments and 757 spacers. 83% of children treated with equipment we provided were able to return to the classroom; avoiding the ER, school absences and missed time at work for parents!

RESCUE™

Resources for Every School Confronting
Unexpected Emergencies

For more info:
aafastl.org/RESCUE

School Nurse Spotlight: Pat Wilson & Linda Neumann



"RESCUE is priceless! Just yesterday, one of my students who carries her own inhaler, inadvertently left it at home then had an asthma attack during PE. I was able to give her a nebulizer treatment which resolved her wheezing, then followed up with her parents. Without RESCUE, I would have had to call 911 and pray they got here on time. RESCUE saved the student as well as an ER visit and parents losing work time."

Linda Neumann,
RN, School Nurse
Webster Groves School District
(Hixson Middle School)

Our school nurses are truly our superheroes! Really, that's how we feel. One of these superheroes is Pat Wilson, the Lead School Nurse in the University City School District (Julia Goldstein Early Childhood Education Center), who has been serving students for over 20 years.

"Since AAFA-STL helped pass the law in 2012 that allows schools to stock rescue medication and keep asthma equipment on hand, I can use my nursing judgement and training to treat a child who is having an asthma attack at school, so the ER visits have essentially stopped."

In addition to treating asthma at school, Pat has referred many students to AAFA-STL's BREATH program.

She adds, "Your organization is truly a godsend and provides amazing resources to keep our kids healthy and in school."

Community Partner Spotlight: Sparo Labs

Sparo Labs is an award-winning startup in St. Louis dedicated to breathing life into the asthma industry. Sparo Labs is building Wing® — a pocket-sized sensor and powerful app that measures lung function with medical-grade accuracy. Wing helps you understand how your or your child's asthma is doing, anywhere and anytime!

Wing measures FEV1 and Peak Flow:

- FEV1 is how much air you can blow out in one second
- Peak Flow is how fast your lungs can blow out air

These metrics show how swollen and tight your lungs are at that time. Wing helps you detect early warning signs of an attack or flare-up so you know when to take action to keep breathing your best.

The Wing app automatically saves thousands of measurements and lets you easily track other things that could affect lungs, such as Rx's and triggers! By securely sharing this information with your doctor and care team, you can work to identify and avoid your triggers and find the best treatment plan for you!

Sparo Labs has submitted Wing to the FDA and is currently going through the FDA clearance process. Just a couple weeks ago, Sparo Labs' co-founders, Abby Cohen and Andrew Brimer, were selected to present at the inaugural White House Demo Day. Sparo Labs was one of the 32 companies from across the country invited to the White House to demo Wing at this event. "To be able to represent the Midwest and bring awareness to the significant impact asthma has on people in St. Louis and across the country was an incredible and rewarding experience," said Abby about Sparo Labs' participation in the event.

When asked what the next step is for Wing and Sparo Labs, Abby said that their team is currently gearing up for a big Indiegogo Campaign to empower people with asthma and other respiratory diseases to help accelerate the development and production of Wing. Indiegogo contributors will be the first to receive Wing as soon as it is available.

Sign up for exclusive updates and chance to win a FREE Wing! www.mywing.io



#KeepItTeal! Make Halloween Safer for Kids with Food Allergies

Paint a pumpkin teal and place it on your porch! This lets other families know that you have non-food treats available at your home. Keep a bowl of non-food treats separate from any candy, to ensure that the non-food items stay safe. Visit community.kidswithfoodallergies.org/blog for a TON of #KeepItTeal resources, including signs, stickers, coloring pages and Halloween tips sheets for home & schools.

Halloween-Themed Crafts and Games

- Decorate a treat bag. Buy plain bags and decorate using paints, markers, stickers and other craft materials
- Decorate a small pumpkin w/ paints and permanent markers
- Make a spider out of googly eyes, pipe cleaners & pom-poms
- Make a necklace out of Halloween-themed beads and cord
- Paint the inside of a canning jar white, add black eyes to make a ghost candle holder
- Pin the nose on the jack-o-lantern
- Decorate a mask with glitter, jewels, stickers, paint, markers, feathers, etc.

Non-Food Treat Ideas

- Awards or medals
- Books, bookmarks
- Bracelets*
- Bubbles
- Class craft
- Crayons
- Finger puppets
- Glow sticks
- Grab bags
- Necklaces
- Note pads
- Pencils*
- Pencil cases
- Pencil grips*
- Pencil sharpeners
- Pencil toppers*
- Pencil erasers*
- Playing cards
- Ribbons
- Rings
- Rubber balls*
- Slinkies
- Small figurines
- Spinning tops
- Stickers
- Sticky notes
- Stress balls
- Stuffed animals
- Tote bags
- Yo-yos

#KeepItTeal for a safe and healthy Halloween

A teal pumpkin means that non-food treats are available that make a place safer and more inclusive for children on special diets.

*Avoid items made of latex – look for latex-free versions instead.



**KIDS WITH
FOOD ALLERGIES**
A Division of the Asthma and Allergy
Foundation of America

KidsWithFoodAllergies.org



Asthma and Allergy
Foundation of America®
ST. LOUIS CHAPTER

PRSR STD
U.S. POSTAGE
PAID
ST. LOUIS, MO
PERMIT NO. 3875

1500 S. Big Bend Blvd.

Suite 1 South

St. Louis, MO 63117

aafa@aafastl.org

www.aafastl.org

314.645.2422 (p)

314.645.2022 (f)



for life without limits™



Join us for AAFA-STL's 11th Annual

T.R.I.V.I.A. N.I.G.H.T.!

Stuck in second gear?
Grab some "friends"
and join us for an
evening of trivia -
featuring questions
inspired by the hit
show and beyond!
Proceeds benefit
AAFA-STL's life-
saving programs.



Sat., November 14, 2015
7pm-10pm
(Doors & Silent Auction
Open @ 6pm)
JCC Staenberg Family
Complex in Creve Coeur



Asthma and Allergy
Foundation of America®
ST. LOUIS CHAPTER