

How You Can Cope with Spring Allergies and Asthma

Sources: *Breathe California, American Academy of Allergy, Asthma & Immunology*

The sun is shining, flowers are blooming, and asthma and allergy sufferers are looking for pollen-free holes to hide in. Armed only with their medication and tissue boxes, many asthma and allergy sufferers don't know what steps to take to fight back. Fortunately, there are a number of things you can do to help you cope with seasonal allergies and asthma. Here are a few helpful tips:



Spring Cleaning: A thorough spring-cleaning will help you minimize the effect of allergy and asthma triggers in your home. Clean your entire home to remove dust and mold, two common allergy and asthma irritants. Wash your bedding weekly and avoid drying bedding outdoors because pollen and spores cling to fabric.

Control Dust Mites: Anywhere there's dust, there could be dust mites. Controlling dust mites will help you avoid allergies and asthma attacks. To reduce dust

mite exposure: wash your curtains and rugs, wet-mop your floors, vacuum regularly, use zippered synthetic covers on your pillows and remove stuffed animals from your bed.

Avoid Pollen: Knowing when pollen levels will be high may help you avoid asthma and allergy symptoms from hay fever. You can check your local weather report for the pollen count in your area. Pollen is most active between 5 a.m. and 10 a.m.

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Thursday, May 24th
Dr. Martin Luther King Jr. Library
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July 14, 2007

**BIKE FOR
BREATH** 

Join Us This Summer for the 2007 Bike for Breath!

Breathe California of the Bay Area is proud to be joining its sister office in Daly City to host the 16th annual Bike for Breath on Saturday, July 14, 2007! This family-friendly event invites all Bay Area residents to join us for a beautiful ride along the picturesque hills throughout the Peninsula while raising money for critical lung disease programs and services. Starting from Foster City, the Bike for Breath offers 4 routes ranging from 10 to 62 miles, making this event something that riders of all ages and abilities can enjoy. The event also offers a festive atmosphere with great food, music, massage therapists, free bike inspections, prizes and more.

Start a team of friends, family members and co-workers and help fundraise for our local agency. 100% of every dollar raised through the 2007 Bike for Breath will remain in our local communities. Our top fundraising teams and riders will also qualify for a number of wonderful prizes. Or for those of you who can't ride, come out and volunteer or sponsor one of our hundreds of riders. With countless ways to become involved, make sure you're a part of this annual bike tradition.

Sign-up today by visiting www.bike4breath.org and join our drive for clean air and healthy lungs!

The 2007 Bike for Breath is proudly sponsored by Applied Biosystems, Kaiser Permanente, Sodexo, Genentech, Toyota, Intermune, Burr, Pilger & Mayer, LLP, Walgreens, Nikon, Wells Fargo, Meriwest Credit Union, CBS 5, Palo Alto Weekly and 107.7 The Bone.

Spring Allergies & Asthma...

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When pollen levels are high, you should limit outdoor activity, keep your windows closed and take medicines before you are around pollen.

Working Outdoors: Asthma and allergy sufferers working outdoors should wear glasses, a facemask, hat, gloves and long-sleeved shirts to avoid contact with pollen. Avoid touching your face and eyes, and if you are suffering from severe asthma or allergies, have someone else mow your lawns and weed your flowerbeds. When you finish working outdoors, shower, wash your hair and change clothes.

Pets: Your pet is a common trigger for allergies and asthma attacks because they can carry pollen and dust mites into your house. Make sure you wash your pet regularly and to keep them off furniture and out of the bedroom during allergy season to reduce symptoms.

Weather: Allergy and asthma symptoms can increase on days when the weather is hot, dry and windy because pollen and other irritants are more prevalent. Limit your outdoor activity and take the proper medication when it is hot, dry and windy.

Take Medications: Regularly take all allergy and asthma medications as prescribed by your doctor to help lessen the effect of allergens and asthma attacks.

The best advice for seasonal asthma and allergy sufferers is to just do your best to avoid your triggers. While it is impossible to avoid allergies and asthma altogether, following these simple steps will help you cope with seasonal symptoms. It takes a little hard work and knowledge, but you can take back your spring and begin to breathe easier.



Breathe California Recognizes World Asthma Day!

In honor of World Asthma Day on May 1st, Breathe California joined community members and partners throughout the Bay Area to kick off a host of May activities designed to educate the public about the chronic lung disease.

Locally, Breathe California puts its efforts into organizing workshops to teach parents and children how to manage their asthma. Starting at Cassell Elementary School in San Jose on World Asthma Day, our agency brought close to half-of-a-dozen workshops to schools and other community locations throughout the South Bay, including the Center for Employment Training and San Juan Bautista Child Development Center. Led by a trained asthma facilitator, the workshops provided an opportunity for parents and children with asthma to learn how to better control their disease. Through a variety of fun activities for the children and informative sessions for the parents, participants learned how to identify their asthma triggers,

recognize common warning signs, properly take their medication and cope with an attack.

In addition, Breathe California also participated in a number of activities in other Bay Area communities. In San Francisco, our agency collaborated to host an event at the Kaiser Foundation Hospital for the San Francisco Asthma Network (a citywide network of clinicians working with asthma patients) seeking to raise the standard of asthma care in San Francisco. Breathe California also joined the San Mateo County Asthma Coalition in recognizing three Peninsula child care sites for their exemplary efforts to provide a safe and healthy environment for their asthma children.

To learn more about this year's World Asthma Day events or if you're interested in partnering with Breathe California on asthma-related programs, please call us at (408) 998-5865 or visit www.lungsrus.org.

Study: Greater Emphasis Needed on Controlling Asthma Symptoms

San Jose Mercury News, April 29, 2007

A new study of asthma children has suggested that many children continue to experience regular asthma symptoms, despite being prescribed medication. The results have also furthered calls by experts for a change in focus of current asthma care guidelines.

Dr. Jill Halterman, pediatric asthma specialist at the University of Rochester, analyzed 1000 asthma sufferers from a federal study of child health in Alabama, California, Illinois and Texas. The findings showed that while 63 percent had been prescribed medication, 43 percent still experienced either persistent symptoms, more than one attack in the last three months, or both.

"This group has been largely neglected in the past because we've done our thing – prescribe the appropriate medications and the hope was the child would do well," Halterman explains, "At this point, still much more needs to be done."

Halterman and her colleagues have recommended that greater emphasis be placed on avoiding symptoms on a daily basis, as opposed to merely reducing the number of severe attacks. Their recommendation is the latest from a growing number of experts who have called for a shift in focus to asthma care and management. This summer, an update to federal guidelines on asthma care is expected to place a stronger focus on monitoring and controlling day-to-day symptoms. Though changes to the guidelines are still being finalized, some of the steps to be considered are for doctors to monitor patients' control every few months by asking questions like: Have you missed any work or school because of asthma? Changed any of your activities? Sleeping worse?

To learn more, visit:

http://www.mercurynews.com/search/ci_5627820?source=email

Join Us for Our Spring PAC Meeting!!!

Parents of Asthmatic Children (PAC) meetings are held as resources and support groups for families who must confront asthma regularly. At these meetings, we discuss a number of issues related to your child's asthma, including the latest and most relevant news, legislation and asthma management techniques. Parents also have the opportunity to ask questions and network with other families to help their children lead fuller and healthier lives.

Our next meeting will focus on how to protect your child from springtime allergies and triggers. We'll cover important management strategies, tips and strategies to help your child remain healthy throughout the spring. Dinner will be provided and children are invited to join us!



When: Thursday, May 24th, 2007
6 pm to 7:30 pm

Where: Dr. Martin Luther King Jr. Library
Children Exploration Room
150 E. San Fernando St
San Jose, CA 95112

Topic: How to Tackle Springtime Allergies and Triggers


Please RSVP by Tuesday May 22nd to Joseph Francis at joseph@lungsrus.org or (408) 998-5865.

WE HOPE TO SEE YOU ON THURSDAY MAY 24!

RETURN SERVICE REQUESTED

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