

# Asthma Society of Canada

Fall 2014 E-Newsletter



## Influenza and Asthma: Why you and your family should get the flu shot this year



Flu season is upon us again. Starting in early October and lasting through the spring, flu season affects millions of Canadians, causing mild to severe illness, school and work absenteeism, and can even lead to death in severe cases. For people with asthma, guarding against the flu is important every year because your lung function can be very compromised if you catch the flu, making your asthma symptoms even worse.

Getting vaccinated is important because the flu is highly contagious. Flu shots are the most effective way to prevent influenza and its complications.

### Why are people with asthma high-risk for the Flu?

Having asthma does not put you at an increased risk for getting the flu. It does, however, put you at an increased risk of complications from the flu virus. This is because people with asthma have swollen and sensitive airways and influenza can cause further inflammation of the airways and lungs. Asthma is the most common medical condition among children and adults hospitalized with the flu.

Influenza infection in the lungs can trigger asthma attacks and a worsening of

asthma symptoms. It also can lead to pneumonia and other acute respiratory diseases. In fact, adults and children with asthma are more likely to develop pneumonia after getting sick with the flu than people who do not have asthma.

### **Minimize Your Risk:**

The best way to prevent the flu is for you and your family members to get vaccinated each fall. This is particularly important for those who have chronic respiratory conditions such as asthma, but also for those we come into regular contact with.

In addition, there are some easy things you can do to prevent the spread of respiratory illnesses like the flu:

- Cover your nose/mouth with a tissue when you cough/sneeze.
- Wash hands often with soap and water, especially after coughing/sneezing.
- Stay away from people who are sick.
- If you get the flu, stay home from work or school.
- Do not share asthma medication or equipment.

Make sure you follow the instructions in your written Asthma Action Plan to manage asthma and keep asthma symptoms controlled.

### **Understanding the Flu Vaccine:**

Flu vaccines don't contain a live virus and cannot cause the flu. Vaccines help develop immunity by imitating an infection which cause antibodies to develop in your body. These antibodies provide protection against infection from the flu. This antibody reaction may temporarily cause fatigue and muscle aches in some people.

Key Flu Vaccine Information:

- Getting a vaccination will not cause you to get the flu.
- There is no guarantee that getting the flu vaccine will prevent you from getting the flu, however, it significantly reduces your risk.
- Influenza vaccinations are safe for both children and adults.
- Anyone with asthma, despite their age, needs a flu shot.

The benefits of flu shots far outweigh the risks.

For More Information: Contact the Asthma Society of Canada at 1-866-787-4050 or visit [www.Asthma.ca](http://www.Asthma.ca).



### Team Asthma 2014 Year in Review

Team Asthma is excited to report our success at the 2014 Scotiabank Toronto Waterfront Marathon. This year the team registered 50 race participants for the Marathon, Half-Marathon and 5k walk/run. We were able to take advantage of our *Featured Charity* status, which provided us with an information booth at the two-day running and fitness expo in downtown Toronto, prior to the run. Our information booth helped us to register over 260 new members of Team Asthma!

Along with the success in growing our team, we enjoyed financial success as we have currently raised \$26,159 to date. If you would like to donate to support Team Asthma go to <https://www.canadahelps.org/en/pages/team-asthma/>. The Toronto Waterfront Marathon is a key event in our annual Team Asthma calendar and we were thrilled with the successes we experienced.



In 2014, Team Asthma also participated in races in Halifax, Montreal, Ottawa, Calgary and Vancouver. We also had Team Asthma members participate in local races in their community, all raising money to support the Asthma Society of Canada.

Stay tuned for an announcement of our 2015 race calendar, and please be in

touch if you would like our help in participating in a race in your local community.



### **For Life and Breath – Save The Date**

In 2014, the Asthma Society of Canada launched **For Life and Breath**, a respiratory health conference which took place April 30-May 1<sup>st</sup>, 2014. Last year's conference addressed issues of air quality, environment and respiratory health.

We are excited to announce that the 2<sup>nd</sup> Annual For Life and Breath event will take place May 4-5, 2015, in conjunction with World Asthma Day at the Courtyard Marriott Toronto Downtown Hotel. This year's topic is Allergy & Asthma in the Age of Climate Change.

More information will be released soon, but please save the date in your calendar. We hope you'll be able to join us this year

### **NAPA Patient Webinar Series**

The National Asthma Patient Alliance (NAPA) is pleased to announce the start of a new Patient Webinar Series. This series will feature webinars on a variety of topics of interest to the asthma patient community and will take place every 2-3 months over the coming year. Our first Webinar will discuss Influenza and Asthma and will take place Tuesday, November 18<sup>th</sup>, 2014 at 12 noon eastern time.

Please stay tuned for a formal invitation. We hope you will be able to join us.

### **Now Recruiting NAPA Executive Members for 2015**

The National Asthma Patient Alliance is governed by a volunteer patient Executive Committee with representatives from all 10

provinces and 3 territories, including a Youth and an Aboriginal Representative. The Executive Committee meets via teleconference approximately 7-8 times per year.

If you're interested in applying to be on the 2015 Executive Committee please contact Executive Director Noah Farber at [noah@asthma.ca](mailto:noah@asthma.ca). In your email, please include your address and phone number and a brief statement about why you would like to get more involved with NAPA.



### **LG Launches Newly Certified Asthma & Allergy Friendly Washing Machines**

The Asthma Society of Canada is pleased to announce that LG has received Asthma and Allergy Friendly Certification for new washing machines models, adding to their stable of certified products available to Canadian consumers.

The new LG WM3570HVA washing machine features LG Steam technology which penetrates fabric to remove soil and enhance cleaning results. The steam technology also removes common household allergens, like dust mites and pet dander from even the most delicate fabrics. Additionally, the WM3570HVA includes TurboWash™ which you to save 20 minutes on larger loads, with outstanding cleaning performance.

"Investing in a Certified Asthma & Allergy Friendly washing machine is an essential tool for reducing allergens in your clothing and household fabrics, helping to minimize asthma and allergy symptoms," said Dr. Robert Oliphant, President & CEO of the Asthma Society.

To qualify for certification, washing machines are independently tested to the ASP:06:01 Certification Standard. This Standard utilizes recognized scientific

techniques and measurements to assess washing machines for their ability to reduce allergenic and irritant materials during domestic laundering.

[Read more about the Certification Standards](#)

More information about the LG WM3570HVA Washing Machine can be found here: [http://www.lg.com/ca\\_en/washing-machines/lg-WM3570HVA-front-load-washers](http://www.lg.com/ca_en/washing-machines/lg-WM3570HVA-front-load-washers)

In addition, LG has launched the WM4270HVA ([http://www.lg.com/ca\\_en/washing-machines/lg-WM4270HVA-front-load-washers](http://www.lg.com/ca_en/washing-machines/lg-WM4270HVA-front-load-washers)) and the WM3370HVA ([http://www.lg.com/ca\\_en/washing-machines/lg-WM3370HVA-front-load-washers](http://www.lg.com/ca_en/washing-machines/lg-WM3370HVA-front-load-washers)) models. Click the link to learn more about those units.



## How You Can Support the Asthma Society of Canada



Three million Canadians have asthma, and sixty percent of them do not have optimal control of their disease. Most of them are not even aware that they are putting their health – and possibly even their lives – at risk by not managing their asthma properly. The Asthma Society of Canada provides programs that raise the awareness of this disease and teaches Canadians how to properly manage it.

We offer our programs completely free of charge. In order to do this, we rely on the generosity of our donors. Your support will help us improve the health- and the quality of life – for so many Canadians.

There are many ways you can support the Asthma Society of Canada, such as:

1. Donate online: <https://www.canadahelps.org/services/wa/dnm/en/#/page/462> or by mail ([http://www.asthma.ca/corp/help/pdf/ASC\\_Donation\\_Form\\_2007.pdf](http://www.asthma.ca/corp/help/pdf/ASC_Donation_Form_2007.pdf))

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(print this form and mail it to the listed address)

2. Join our Monthly Giving Program by filling out this form and mailing it to the address attached.

([http://www.asthma.ca/corp/help/pdf/ASC\\_Monthly\\_Giving\\_Agreement\\_Form\\_2007.pdf](http://www.asthma.ca/corp/help/pdf/ASC_Monthly_Giving_Agreement_Form_2007.pdf))

3. Donate your old car to Car Heaven (<http://carheaven.ca/>) or Donate Car (<http://donatecar.ca/>) to receive a tax receipt.

4. Make a planned gift through a charitable bequest in your will or by designating the Asthma Society as the owner and beneficiary of your life insurance policy. For more details email: [info@asthma.ca](mailto:info@asthma.ca)

For information on other ways you can support the Asthma Society of Canada, visit: <http://www.asthma.ca/corp/help/donate.php>



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