

Asthma Society of Canada

Summer 2014 E-Newsletter



Is your child prepared for the September Asthma Peak?



With the end of the summer upon us, school-aged children are beginning to prepare to head back into the classrooms for the new school year. Many children

and parents anticipate the coming of the school year with excitement. However, for parents, it can also mean anxiety and concern over the health and well-being of their child. This is particularly true for parents of children with asthma.

The September Asthma Peak is a serious concern for the more than 3 million Canadians with asthma, but especially children and their caregivers. In Canada, 20 to 25 percent of children's hospital admissions for asthma occur in the month of September.

If your child has asthma it is essential to know how to keep it under control as they return to school. Proper preparations to keep asthma well-controlled are as important as purchasing new school supplies and clothes. With the right planning, kids can control their asthma – instead of having their asthma control them.

We encourage you to follow these 10 tips to ensure your child has a safe return to school this year:

- 1.** Develop or update a written Asthma Action Plan with your family doctor and make sure to provide a copy to your child's school

2. Speak to your child's school about their asthma policy and inhaler use
3. Identify triggers that make your child's asthma worse and teach him or her how best to avoid them
4. Treat allergies with anti-histamines, nasal steroids, allergy shots or pills, so as to help avoid an asthma attack
5. Ensure your child takes his or her asthma medication throughout the year, even when symptom-free
6. Help your child understand their asthma, including teaching them how to use their medication properly and knowing how to monitor their symptoms daily
7. Speak to your child about the importance of hand washing to avoid catching a cold
8. If your children are sick, keep them home from school
9. Ensure your child, and everyone else in your home, has received their influenza (flu) vaccination
10. Schedule regular asthma check-ups with your healthcare practitioner to ensure your child's asthma is properly controlled

For more information

visit: <http://asthma.ca/adults/control/septemberPeak.php>



Run or Walk with Team Asthma at the Toronto Waterfront Marathon this October

Team Asthma is once again running and walking in the 2014 Scotiabank Toronto Waterfront Marathon on Sunday, October 19th. Join our team of walkers and runners in support of asthma education and research. We have team members signing up daily for the 5k walk/run, the half marathon and the marathon.

Want to participate for free?

Fundraisers receive free registration and are eligible for lots of prizes to be won by raising money and participating.

For the first time ever, Team Asthma and the Asthma Society is a featured charity for the race which will give us new opportunities to raise the profile of Team Asthma and improve our fundraising and participation totals from last year.

To register, go to <http://www.torontowaterfrontmarathon.com> follow the steps and make sure you create a fundraising page.



Our annual running clinic with our resident running coach John Healy will be held on Monday evenings starting September 15th , ending on October 6th. We will host a weekly running program for an hour, out of our head office at 124 Merton Street in Toronto. To secure your spot in the clinic please email Douglas at douglas@asthma.ca.

For more information check out www.asthma.ca/teamasthma or email douglas@asthma.ca



Support Healthy Lungs on World Spirometry Day

Spirometry is a test of how well you can breath and can help with the diagnosis of different lung diseases, including asthma. The test requires patients to take in a very deep breath and blow it out as fast as possible into a small device called a spirometer.

This year's theme is "healthy lungs for life" raising awareness of the impact of poor air quality on lung health. To learn more about air quality in Canada visit www.asthma.ca/aqhi.

**Asthma Society Receives
Grant from
F.K. Morrow Foundation**



The Asthma Society is pleased to have received an unrestricted grant from the F.K. Morrow Foundation of Toronto, Ontario.

The F. K. Morrow Foundation funds arts and culture, education, special education, sciences, environment, sports, and recreation and youth initiatives.

Funds received will go towards supporting the Asthma Society's growing environmental programming.

Is Your Asthma Under Control?

If you have asthma and use your rescue inhaler **4 or more times a week**, you could be at risk for an asthma attack.



Take the Asthma Society's quick and easy quiz which will show how well you're managing your asthma. Take the results with you to next appointment with your family doctor or asthma educator.

<http://asthma.ca/adults/control/howDoYouFeel.php>



NAPA Chair, Bill Swan gets an inside look at the Asthma & Allergy Certification Program

This July, I ran a conference on the health economics of aging at Trinity College Dublin. While at the gym, I noticed someone I thought I

recognized, John McKeon, whom I had shared the podium with at the Asthma Society's recent "For Life and Breath" conference in Toronto. After an awkward moment of mutual "I think I know that guy," John offered to show me his lab in Dublin.

John runs Allergy Standards Limited (ASL) based in Dublin. They test products which attest to be good for people with asthma and allergies to determine their veracity and are an important partner of the Asthma Society of Canada. Truth be told, I have a lot of respect for what John does and the work he does to substantiate it.

John works hard to keep the scientific rigour solid and conflicts of interest at bay - and they are substantial. A nod from ASL can mean a lot of extra sales. A misstep from ASL potentially means bad outcomes for asthma and allergy sufferers worldwide!

So, why is this important? If you recall NAPA's (National Asthma Patient Alliance) involvement with the complaint sent to the Canadian Transportation Agency about pets on airplane, we fought NOT for an allergen-free world, but an information-rich one: Let me know what to expect and I can arm myself! It is unreasonable to expect a completely allergen-free world. So the next best alternative is to arm ourselves with information.

THAT is what ASL does. It provides unbiased, science-based information about the products and services available to asthma and allergy services. My tour through the Dublin ASL labs gave me every confidence that John and his team are doing their level best to give people with asthma and allergies every chance to live their life to the fullest on their own terms.

Volunteers Needed for Grass & Asthma Allergy Trial



**Research participants are needed for a Grass &
Asthma Allergy Trial
(Residents of Ontario only)**

Trial will consist of 10 to 11 visits

Investigational drug will be used

Compensation for participation is up to \$1,425

**If you have Grass Pollen Allergies & Asthma and
are interested please call:**

1-888-989-1808

This notice is intended for informational purposes only. The Asthma Society of Canada supports the ongoing research and development of new medications which may improve the quality of life for people with asthma and respiratory allergies.



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