

Asthma & Allergy Bulletin

ASTHMA AND ALLERGY FOUNDATION OF AMERICA • NEW ENGLAND CHAPTER

Fall Gala 2022

Keeping it Simple - Balanced Nutrition Without Allergens

Fall Gala 2022

for life
without limits™

November 2

You are invited!

Wednesday, November 2nd

6:00 - 9:30 PM

UMass Club

One Beacon Street, 32nd Floor

Parking in Building Garage: \$8

**Honoring Three Champions
of the Asthma and Allergy
Community**

Please join us for a
memorable evening and
connect with new and old
friends!

To purchase tickets
and to support
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asthmaandallergies.org

For life without limits™

Written by Wendy Elverson, RD, CSP, LDN

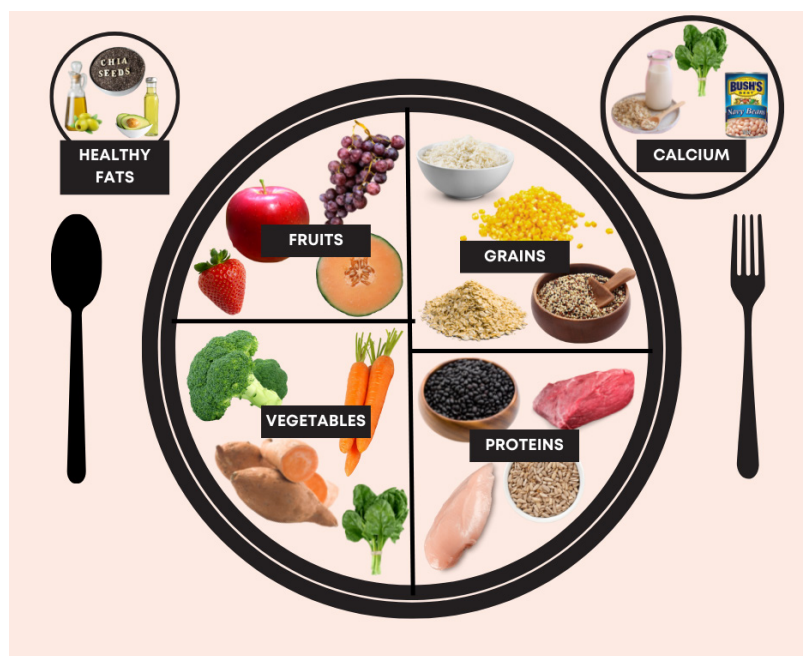
Balanced Nutrition Without Allergens

“Is my child with food allergies meeting their nutrition needs?” “I feel like I feed my child the same foods day after day, meal after meal.” These are two familiar concerns I hear from caregivers managing their child’s food allergies. This article will provide suggestions for meeting your child’s vitamin and mineral needs. However, before we dive into this topic, if you are a food allergy caregiver, please give yourself a pat on the back. You likely spend extra time in the supermarket and the kitchen. Fewer processed food choices related to avoidance of allergens often results in using more fresh, minimally processed foods for not just your child with food allergies, but all members of your household.

My Plate

One important way to help ensure your child is meeting vitamin and mineral needs and receiving balanced nutrition is using USDA’s My Plate as a guide for serving balanced meals and snacks. My Plate works because eating a variety of foods from the food groups generally results in balanced nutrition. Fancy does not necessarily translate to nutritious. Keep it simple and offer 3 to 4 food groups with a meal and 2 food groups with a snack.

What is My Plate? The USDA (United States Department of Agriculture, Center for Nutrition Policy) developed My Plate in June 2011. My Plate supports balanced eating by encouraging 4 food groups, grains, proteins, fruits and vegetables plus dairy. If your child is allergic to milk think of the dairy group as the calcium group. The graphic shown is an example of My Plate free of the top eight allergens plus sesame. For more information about My Plate visit: <https://www.myplate.gov/>



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Asthma and Allergy
Foundation of America®

NEW ENGLAND CHAPTER

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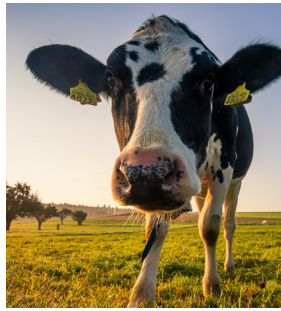
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Caroline Rochford

Keeping it Simple (continued from page 1)

Cow's milk

Highlighted Vitamins and Minerals: Calcium, Vitamin D



Cow's milk provides many nutrients (calories, protein if fortified, vitamin A, vitamin D if fortified, Zinc, Vitamin B12, Potassium, Riboflavin, pantothenic acid). However, in this article we will focus on calcium and vitamin D. Calcium is important for bone health, particularly in growing children. Infants under 1 year of age with a cow's milk allergy should receive breast milk or a hypoallergenic formula. Children between 1-2 years of age often can transition to a plant-based beverage, but speak with your dietitian or your health care provider first, as most plant-based beverages contain fewer calories, grams of fat and grams of protein in comparison to whole milk, which is the primary beverage recommended for children under 2 years of age. Children 2 years of age and older can generally use a calcium fortified, plant-based beverage to help meet their calcium and energy needs. Ensure the plant based beverage chosen is fortified with calcium. Look for a minimum of 20% DV (daily value) of calcium per serving on the nutrition facts label. The daily value is based on the recommendation of 1000 mg calcium per day for adults. (See table for food sources of calcium and vitamin D.)

Since only a few foods are natural sources of vitamin D, speak with your health care provider as supplementation of vitamin D is often recommended for children with cow's milk allergy.

EGGS

Highlighted Nutrients: Choline, B12

Eggs are a good source of protein, vitamin B12 and choline. If your child is on a vegan diet (diet free of all animal products including milk, egg and fish) it is likely prudent to provide a vitamin with 100% of the daily value for your child's age of vitamin B12. Other foods fortified with B12 include nutritional yeast, which is generally wheat free, and select plant-based beverages. Choline, although not a vitamin or mineral, is an essential nutrient involved in the nervous system and metabolism. Although eggs are a rich source of choline so are other foods. (see table on page 4)

WHEAT

Highlighted Micronutrients: B vitamins (Thiamin, Riboflavin, Niacin, Folic Acid)

If you need to "delete the wheat" from your child's diet it is important to keep in mind that wheat free alternatives may not be rich sources of select B vitamins. B vitamins have many functions including helping our bodies turn food into energy and make red blood cells. For more information on individual B vitamins see <https://www.hsph.harvard.edu/nutritionsource/vitamins/vitamin-b/>. (See table on page 4 for alternative Sources.)



Fish and Tree Nuts

Highlighted Micronutrients: Omega 3 fatty acids and other heart healthy fats

Fish and Tree nuts provide excellent sources of healthy fats. Fish, particularly fatty fish and walnuts provide a good source of omega 3 fatty acids. Our bodies do not make omega 3 fatty acids, which makes them essential. Omega 3 fatty acids have anti-inflammatory properties. See table 1 for alternative sources of omega 3 fatty acids. Heart healthy fat sources include avocados, olive oil, canola oil, sunflower seeds, flaxseed oil and ground flaxseeds, hemp seeds, chia seeds and other vegetable oils.

Continued on page 4

Asthma Capitals™ 2022

The Most Challenging Places to Live in the US with Asthma

Asthma is a chronic disease that affects 25 million Americans, and it is the #1 chronic illness in children in the United States.

The highest incidence of asthma symptoms often occurs during the third week of September, which has become known as “Asthma Peak Week”. Why do symptoms of asthma peak during the third week in September? This is caused predominantly because ragweed, which is the most common pollen allergy in the fall, “peaks” during this time. As leaves fall to the ground, mold counts can also increase.

AAFA’s Asthma Capitals™ 2022 Report presents comprehensive information about asthma and lists the 100 most challenging places to live in the United States if you have asthma. Each city in this report is ranked by three factors: **1. Asthma Prevalence 2. Asthma-related Emergency Room Visits 3. Asthma-related Deaths**

Important data from this report highlights that race, ethnicity and income have a disproportionate impact on asthma rates and outcomes. Promoting racial equity in access to needed healthcare for people with asthma as well as having a strong focus on healthy indoor and outdoor environments is needed.

For more information about the Asthma Capitals™ 2022 Report, visit <https://www.aafa.org/asthma-capitals.aspx>

New England cities that are in the Top 100 Most Challenging Place to Live with Asthma

#52 Springfield, MA
#58 Providence, RI
#63 Worcester, MA
#69 Hartford, CT
#85 Bridgeport, CT
#90 New Haven, CT
#91 Boston, MA

Pollen Ranking (*Tie)	Metropolitan Area	Overall Asthma Capital National Ranking
1*	McAllen, TX	38
1*	San Antonio, TX	29
3	Scranton, PA	77
4	Richmond, VA	12
5*	Bridgeport, CT	85
5*	Hartford, CT	69
5*	New Haven, CT	90
5*	Springfield, MA	52
9	Buffalo, NY	65
10	Albany, NY	16

AAFANE’S \$10,000 Medical Research Grant Recipient

AAFA New England is committed to supporting medical research that will help to improve the quality of life for anyone affected by asthma and allergies. We have awarded our first \$10,000 Medical Research Grant to Shalini H. Shah, DO, Clinical Fellow, Pediatric & Reproductive Environmental Health, Boston Children’s Hospital.



Dr. Shah was awarded this year’s grant funding for her project entitled “Healthy Homes (HHOMES): Piloting an innovative electronic medical record environmental health screening tool in an urban primary care asthma population.” This screening program identifies specific environmental needs for patients with asthma. They aim to track referrals and outcomes based on the needs identified. This grant will provide \$10K of funding for the development of a physical and educational resource hub that will be accessible to patients and families. The future goals of this project include tracking patient/provider experiences and outcomes, and broadening the environmental health survey target from disease-based to primary care.

Dr. Shah is a second year pediatric and reproductive environmental health fellow at Boston Children’s Hospital. Her interests include integrating environmental health and considerations of how climate change impacts child health into clinical practice and health professional education. This project is mentored by Marissa Hauptman, MD, MPH, Faye Holder-Niles, MD, MPH, and Alan Woolf, MD, MPH. Her fellowship program is integrated within the Division of General Pediatrics at Boston Children’s Hospital and Region I New England Pediatric Environmental Health Specialty Unit (PEH-SU) as well as with a collaboration with the Massachusetts Department of Public Health. These networks allow for synergistic environmental health projects that can reach a broad spectrum of patients and families in the New England region.

Nutrient Food Sources Free of the Top Eight Food Allergens plus Sesame

Nutrient	Naturally Occurring Food Sources	Foods Often Fortified*
Calcium	Black beans, bok choy, broccoli, chia seeds, dark leafy green vegetables, figs, flaxseeds	Plant-based beverages, plant-based yogurt, enriched orange juice
Vitamin D		Breakfast cereals, plant-based beverages, plant-based yogurt
Choline	Beef, black beans, broccoli, brussels sprouts, cauliflower, chicken, lamb, peas, pork, turkey	
Vitamin B12	Meat, chicken	Plant-based beverages, nutritional yeast
Thiamin	Beans (black, navy), brown rice, lentils, oats, peas, pork, sunflower seeds, rice bran	Breakfast cereals, grits, enriched grains
Riboflavin	Beef, chicken, dark leafy green vegetables, turkey	Breakfast cereals, enriched grains
Niacin	Beef, brown rice, chicken, mushrooms, pork, turkey	Breakfast cereals, enriched grains
Folic Acid	Beans (navy, black, black eyes peas), dark leafy green vegetables, lentils, oranges, peas, pineapples	Breakfast cereals, enriched grains
Omega 3 Fatty Acids	Ground flaxseed, flaxseed oil, chia seeds, canola oil	

*Varies based on manufacturer and product

If you are interested in more information regarding the functions of vitamins, minerals and other nutrients such as choline please visit: <https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

In conclusion, refer to My Plate and offer foods from all food groups daily. Offer 3 to 4 food groups with a meal and 2 food groups with a snack. If your child is a selective (“picky”) eater, offer preferred foods from the various groups and encourage learning about non- preferred foods using their senses of smell and touch and perhaps taste if your child is ready to taste a new or non-preferred food. Eat as a family when possible and demonstrate balanced eating by balancing out your own plate. If your child is avoiding multiple food allergens and/or is selective consider consultation with a registered dietitian. Speak with your physician if you are considering starting your child on a vitamin and mineral supplement. Lastly, remember to give yourself credit as a caregiver spending extra time in the grocery store and kitchen preparing allergen friendly meals and snacks for your child.



Wendy Elverson, RD, CSP, LDN is Senior Clinical Nutritionist, Center for Nutrition at Boston Children's Hospital. Wendy has been practicing as a registered dietitian in the area of pediatrics for over 25 years. She has been in her current position at the Center for Nutrition in the Division of Gastroenterology, Hepatology and Nutrition at Boston Children's Hospital since 2003. Helping children and their families living with food allergies is one of Wendy's passions; she is a member of the multidisciplinary teams in the Atopic Dermatitis Center, Food Allergy Comprehensive Evaluation Treatment and Support program, Eosinophilic Gastrointestinal Disorder Program and Growth and Nutrition Program at Boston Children's Hospital.

AAFA New England: News and Notes

Food Allergies and Restaurants: Strategies for Eating Out Safely

Date: October 13

Time: 7:00 pm - 8:00 pm



Managing Food Allergies at Each Developmental Stage

Date: November 14

Time: 7:00 pm - 8:00 pm

This informative and lively panel discussion features:



Dr. Michael Pistiner, MD, MMSc, Director of Food Allergy, Advocacy, Education and Prevention, Mass-General Hospital for Children, Food Allergy Center.



Nicole Arpiarian, food allergy advocate for improved public policies.



Kyle Dine, international food allergy advocate, educator and songwriter



Denise Herrera, Vice President Culinary Operations at Burtons Grill and Red Heat Tavern.

Recommendations, strategies and tips will be shared based on each expert speaker's experiences and perspectives. If you have had challenging experiences when eating out with food allergies, this webinar will empower you with strategies to enjoy safer dining experiences when you choose to eat out!

This informative and lively panel discussion features:



Lisa Bartnikas, MD, Pediatric Allergist and Attending Physician, Division of Immunology, Boston Children's Hospital, Assistant Professor of Pediatrics, Harvard Medical School.



Jennifer LeBovidge, PhD, Attending Psychologist, Division of Immunology, Boston Children's Hospital, Assistant Professor of Psychology, Harvard Medical School.



Theresa Bingemann, MD, Allergist-Immunologist, Associate Professor, Allergy/Immunology and Rheumatology and Pediatric Allergy/Immunology, University of Rochester Medical Center.

Understanding how to manage food allergies as our children grow and become more independent can be challenging. Learn from the experts as they share their expertise with us!

****All the webinars are recorded and can be found at asthmaandallergies.org****

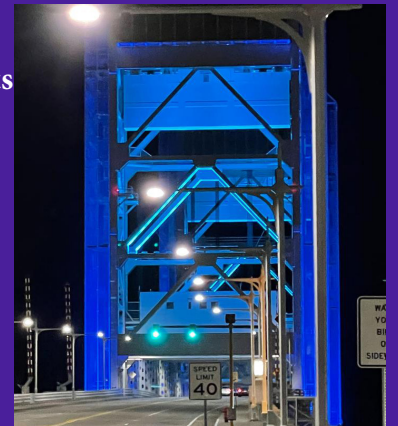
To register for these Speaker Series webinars, please visit: asthmaandallergies.org

Other AAFANE Happenings



Karen Roberto, RN, AAFANE New England Board of Directors, represented AAFANE New England at the New England School Nurse Conference this Spring. Thank you, Karen!

Fore River Bridge Lights up Teal on May 1 to Kick-off Asthma and Allergy Awareness Month!



A BIG "Thank You" to Team AAFANE for running in the ASICS Falmouth Road Race on August 21 to benefit AAFANE New England!

AAFA New England Honors Three Champions of the Asthma and Allergy Community



Dr. Quindelyn Cook, Allergist-Immunologist at Boston Medical Center, Associate Program Director, Boston Combined Residency Program, and Associate Program Director for Fellow's Education for Boston Medical Center.

Dr. Cook is being honored for her outstanding research and advocacy work to address racial and socioeconomic disparities that affect her asthma and allergy patients.

Dr. Cook completed her M.D. education at Loyola University Chicago Stritch School of Medicine, and pediatrics internship and residency at the University of Chicago Comer Children's Hospital, and Allergy/Immunology fellowship at the University of North Carolina at Chapel Hill. During her final year of fellowship, she served as a postdoctoral fellow/clinical instructor in the Department of Pediatrics with the UNC Food Allergy Initiative, a Food Allergy Research and Education Center of Excellence.

Dr. Cook's clinical interests include food allergies, allergic rhinitis, asthma, and disparities in atopic diseases. She is also passionate about medical education, specifically increasing medical trainees' exposure to the field of Allergy/Immunology. Dr. Cook's research and advocacy interests center around the impact of racial and socioeconomic disparities in the pathogenesis, diagnosis, and management of atopic disorders.

As a parent of a child with multiple food allergies, Dr. Cook understands the multiple impacts that a new food allergy diagnosis can have on a family. She draws from these experiences to encourage underserved families to advocate for their children and communities, especially when it comes to accessing subspecialty care, emergency medications, and innovative therapies for allergic conditions.



Nicole Arpiarian, Food Allergy Advocate and Co-Owner and Vice-President of Operations for Metropolitan Home Health Services, Inc. (MHHS)

Nicole is being honored for her perseverance, hard work and collaborative approach in advocating for improved public policies related to food allergies.

Nicole received her Bachelor of Arts in Political Science from Northeastern University. She began her advocacy work in 2018 following an incident in which her son suffered from anaphylaxis at a restaurant in Massachusetts. Putting her degree to work, Nicole set out to improve upon the food allergy law in Massachusetts and today is lead advocate for Bill S.2614: An Act to Improve Food Allergy Awareness.

In four years, Nicole has secured a Senate and House version of Bill S.2614 with the support of 27 bi-partisan co-sponsors. Nicole's allergy awareness bill has received a favorable vote from the Joint Committee on Public Health two years in a row. Nicole's efforts have been supported by the Asthma and Allergy Foundation of America, New England Chapter (AAFANE), local health professionals as well as many MA residents affected by food allergies. In May, Nicole participated on a panel conversation with advocates focused on changing state laws to improve life for our community for Food Allergy Research & Education (FARE). In addition, Nicole represented Massachusetts in the Virtual Courage@Congress 2022 event. Nicole's efforts have been recognized in articles in The Boston Globe & Bay State Parent Magazine and online at Masslive and SnackSafely.



Nathalie Bazil, Technical Assistance Coordinator, Massachusetts Department of Public Health, Bureau of Community Health and Prevention.

Nathalie is being honored for her unique approach to educational training programs for Community Health Workers and for her community engagement activities.

Nathalie holds a bachelor of social work degree and is a Certified Community Health Worker. She has served as the Healthy Homes Coordinator for the Boston Public Health Commission (BPHC) through the Division of Healthy Homes and Community Supports, Asthma Prevention & Control Program for 13 years. Her work focus has been to provide asthma home visits to Boston residents where she provides asthma management education and support to address environmental triggers in the home. Her social work background and empathetic nature enhance her sensitivity to and management of various social determinants of health issues that impact a client's asthma and life.

Nathalie is known and respected for her work as a Certified Community Health Worker (CCHW) in improving programs, providing technical assistance, and conducting community engagement activities to better serve clients and the community. Through the Massachusetts Department of Public Health State Community Health Worker Training, she has trained incoming CHWs for asthma home visit programs across the state for over six years. Nathalie's skills, training and unique approach make her a highly valued resource to the families she serves.

Nathalie's current position is as a Technical Assistance Coordinator (CRC TA Coordinator) for the Massachusetts Department of Public Health, Bureau of Community Health and Prevention, within the Office of Community Health Workers (OCHWs). She supports OCHWs in implementing the Community Health Workers for Resilient Communities (CRC) Project by providing training and technical assistance to support the sub-awardees of the MA CRC Program, emphasizing COVID-19 mitigation and vaccination, long-term recovery, and resilience.

Thank You to Our Corporate Partners

AAFA New England is grateful for the support of our Corporate Partners in 2022. Their generous support allows us to provide valuable resources to help our members live fully with asthma and allergies.



The Thoracic Foundation

Asthma & Allergy Bulletin

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781-444-7778
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The Asthma and Allergy Foundation of America, New England Chapter, is dedicated to helping people with asthma and allergic diseases, and those who care for them, through education, support for research and an array of services.

Information contained in this newsletter should not be used as a substitute for responsible professional care to diagnose and treat specific symptoms and illness. Any reference to available products and procedures should not be construed as an endorsement. AAFA New England, including all parties to, or associated with this newsletter, will not be held responsible for any action taken by readers as a result of the newsletter.

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Research: Opportunities to Get Involved

Massachusetts General Hospital



Toddler to Adult

Multiple-food oral immunotherapy (OIT) (peanut and 2 other foods) + Omalizumab

- Phase III study - enrolling now
- Ages 1-55 years old
- Participants will receive omalizumab injections alone or in combination with multiallergen oral immunotherapy (OIT). The total study duration including long-term follow-up and dietary integration could last approximately 4 years.
- Participants must react at entry food challenges to peanut and 2 other allergens listed to be eligible.
- Omalizumab as Monotherapy and as Adjunct Therapy to Multi-Allergen OIT in Food Allergic Participants
- Full Text View - [ClinicalTrials.gov](https://clinicaltrials.gov)

Pregnant Women to Newborn to Toddlers

Systems Biology of Early Atopy (SUNBEAM)

- Currently enrolling at NWH
- Able to understand the oral and written instructions associated with study visits and procedures and provide informed consent
- Pregnant at any stage- Age 18 years or older
- Planning to give birth at a designated center
- Agrees to enroll offspring into the study at birth
- In the case of multiple gestation, agrees to enroll only one child who will be selected by randomized birth order
- <https://clinicaltrials.gov/ct2/show/NCT04798079>

The Food Allergy Center at Massachusetts General Hospital has several upcoming clinical trials for infants, toddlers, adolescents, and adults. Many studies involve peanut allergy, while one study involves multiple food allergies. We have trials starting for Eosinophilic Esophagitis. If you are interested in receiving information regarding any of the following, please email foodallergy@mg.harvard.edu



Boston Children's Hospital

Until every child is well™

• **PARK (Preventing Asthma in high Risk Kids):** Park is a prevention study aimed at identifying whether 2 years of treatment with Xolair® (Ant IgE) injections can prevent lasting asthma or reduce asthma severity in asthma or reduce asthma severity in children ages 2-4 years with a history of wheezing, allergies, and family history. We will also evaluate whether this treatment stops or modifies the allergic march, which includes eczema, food allergies and other allergic conditions. <https://parkstudy.org/> <https://answers.childrenshospital.org/asthma-prevention-xolair/>

• **ADRN (Atopic Dermatitis Research Network)** We are investigating mechanisms of atopic dermatitis in any age 2 and above. This study wants to understand how the severity of atopic dermatitis or eczema is influenced by genetic factors.

• **PRECISE:** We are investigating whether novel therapies can help asthma in adolescents and adults. This study enrolls participants age 12 and above. <https://preciseasthma.org/preciseweb/>

• **SARP (Severe Asthma Research Program):** We are investigating mechanisms of severe asthma. This study enrolls participants age 18 and above. <http://www.severeasthma.org/>

• **PANDA (Prevention of Asthma Exacerbations using Dupilumab in Urban Children):** We are investigating mechanisms and benefits of Dupilumab in Urban kids. This study enrolls participants age 6-17.

Boston Children's Hospital studies provide free treatments, compensation for time and travel. For more information about any of the above BCH studies and/or to refer potential interested families, please email asthma@childrens.harvard.edu or call 857-218-5336 <https://bchasthmaaresearch.com>



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 - Advocate with us for changes in public policy that will benefit the asthma and allergy community!
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 - Support AAFA New England: your donations help us all "for life without limits"!
 - Join us for AAFANE's Fall Gala 2022 on November 2!
- To purchase tickets, go to:
<https://AAFA2022.givesmart.com>

Fall Gala 2022

for life 
without limits™

November 2



Asthma and Allergy
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TO HELP PEOPLE LIVE ACTIVE, HEALTHIER LIVES

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