

Asthma & Allergy Bulletin

ASTHMA AND ALLERGY FOUNDATION OF AMERICA • NEW ENGLAND CHAPTER

Join Us!

Fall Gala 2023

for life
without limits™

November 3

When: Friday, November 3rd;
6:00 – 9:30 PM

Where: The UMass Club
One Beacon Street,
32nd Floor, Boston,
Massachusetts

Parking: \$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 AAFA New England,
go to: [https://e.givesmart.com/
events/snE/](https://e.givesmart.com/events/snE/)

with food allergies or had an allergic reaction. Avoiding allergens requires the development of new skills (e.g., label reading, identifying/treating allergic reactions) and lifestyle changes (e.g., eating outside of the home, attendance at daycare/preschool) that often take time to master.

Strategies to help parents/caregivers:

1. Build confidence:

Skill practice leads to increased comfort and confidence. Be familiar with your child's Food Allergy Action Plan (FAAP). Be sure to receive instruction and coaching from your child's allergy provider in recognizing and treating allergic reactions. Practice administration of your child's specific Epinephrine Autoinjector (EAI) device using the training device, rehearse until you feel comfortable with the process, and repeat periodically. Growing evidence supports selected, guided food introduction. When introducing new foods, follow the recommendations of your child's allergy provider and develop a plan that feels manageable to you. For example, when introducing new foods that you find challenging to trial, consider food introduction early in the day or when a support person (e.g., partner, friend) is available. Remind yourself that if your child has a reaction, that you have the knowledge and the tools to treat it.

Continued on page 2

Five Steps for a Successful Return to School for Children with Asthma

Written by Tregony Simoneau, MD

1. Updated asthma action plan

Many children with asthma are able to decrease or stop their controller medication during the summer months. Asthma exacerbations peak 2 weeks following the start of school, so being back on the controller medication before that peak occurs, is important. If you are unsure of your child's treatment plan for the Fall, reach out to your child's provider. An updated asthma action plan (AAP) helps you to know what medications to give every day, what to give when your child is experiencing an asthma flare, and what to do in an emergency. This document should also be shared with the school nurse so that they can be prepared to help manage your child's asthma.



2. Rescue medications available at school

In addition to the AAP, the school should have your child's rescue medication available and authorized to be given at school. For most children, this means having an albuterol inhaler and spacer that stays at school. Contact your provider if you need the medication authorization or refills of your rescue medication.

3. Know your triggers

There are several common asthma triggers that are encountered in the Fall and often coincide with the return to school, resulting in that peak of asthma exacerbations. The combination of Fall allergens (ragweed is a common one), cold air as the weather changes, and viral illnesses can result in a high risk of exacerbation for a child with asthma. If these are triggers for your child, your child may need to increase their controller medication dose in preparation for the Fall. Reach out to your provider to get their recommendations.

Continued on page 3

Infants and Toddlers with Food Allergies: Strategies to Support Parents/Caregivers

Written by Nancy Rotter, PhD

Managing food allergies in infants and young children can be stressful as responsibility lies fully with parents/caregivers. Understandably, parents experience anxiety about feeding or introducing new foods after their child has been diagnosed





Asthma and Allergy
Foundation of America®
NEW ENGLAND CHAPTER

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Strategies to Support Parents/Caregivers (continued from page 1)

2. Educate others:

Review your child's FAAP with those who care for your child and if needed, provide teaching (e.g., label reading, EAI administration). If your child is attending daycare or preschool, collaborate to develop a plan for how food and cleanliness will be managed safely (e.g., meal monitoring to prevent child's access to others' food, surfaces wiped, etc.). Talk with friends and extended family members with whom you spend time about your safe practices to help with set expectations for joint activities (e.g., eating at restaurants).

3. Create realistic plans for social activities:

Anticipate and plan for social events, while leaving room for flexibility. For example, if your family is invited to a birthday party and you have an active toddler, consider spending a limited amount of time at the party or bringing engaging activities and snacks with you. Be prepared for unexpected challenges (e.g., someone brings colorful frosted cookies that contain nuts). Some families prefer to host events and provide food to reduce risks of accidental exposures.

4. Be mindful of your stress:

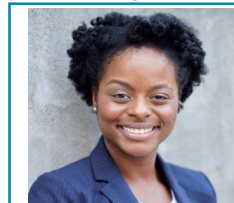
Monitoring and coping with your anxiety is an important part of managing your child's food allergies. Engage in regular self-care activities such as taking a walk, talking to a friend, relaxation/meditation, exercise, and healthy sleep routines. Manage social media consumption specific to food allergies to reduce anxiety. Practice self-compassion (self-kindness, common humanity, and mindfulness) to lessen distress and improve well-being.



Nancy Rotter, PhD, is a pediatric Psychologist and Director of Psychological Services at the Food Allergy Center at Massachusetts General Hospital.



Speaker Series Webinar



Beyond Tuskegee: The Impact of Institutional Trustworthiness and Everyday Racism on Racial Diversity in Research in Asthma and Allergies

Date: October 26th
Time 4:00pm-5:00pm

This informative, dynamic and timely topic will be presented by: Margee Louisias, MD, MPH, Director of Diversity and Inclusion, Division of Allergy and Clinical Immunology, and Assistant Program Director for Racial Justice and Equity, IM Residency Program, Brigham and Women's Hospital; Instructor in Medicine, Harvard Medical School

To Register, please visit www.asthmaandallergies.org

Margee will lead a panel discussion on the following:

1. Historical context of medical mistreatment of historically minoritized populations and how this had led to medical mistrust
2. Examine the impact of lack of diversity in clinical trials
3. How can medical institutions and industry demonstrate trustworthiness
4. Discuss practical solutions to increase diversity in clinical trials

All Speaker Series webinars are recorded and can be found at asthmaandallergies.org

AAFA New England announces partnership with NH Asthma Control

AAFA New England is thrilled to announce that we have partnered with NH Asthma Control on an important pilot program designed to raise awareness, dispel myths and educate HeadStart/Club/YMCA/school staff and parents of students/young children with a diagnosis of asthma about this health condition, and how to effectively and proactively manage it.



The purpose of this program, titled "Take a Breath: Asthma Education for life without limits™" is to develop a program that will quantitatively enhance access to evidence-based information and education about the health condition of asthma and its management for those families and children who are impacted by this disease so that improved health outcomes can realistically be achieved.

We believe that education and access to resources is an important key in effectively empowering individuals impacted by asthma to have the knowledge and resources necessary to defeat the effects of uncontrolled asthma.

AAFA New England has a proven history in effecting positive change in many areas related to improved health outcomes. We believe the need for patient education, particularly for those whose access to health care and education has been limited, is critical to their long-term health. Through grant funding of this project by NH Asthma Control, AAFA New England we will be able to optimize the capacity for outreach and maximize the overall success of this important project. This program will be executed throughout the next year.

AAFA New England has engaged Dianne Queheillalt, RN, APRN, CPNP, AE-C, to serve as the medical expert on this project. Dianna is a certified pediatric nurse practitioner (CPNP) at Boston Children's Hospital (BCH), where she splits her time between clinical care and multiple research studies related to food allergy, eczema, and asthma.



Five Steps for a Successful Return to School for Children with Asthma (continued from page 1)

4. Infection prevention: flu vaccine

Soon after school starts, we encounter cold and flu season. Children with asthma are more at risk for severe disease in the setting of the flu. Therefore, we recommend that all children with asthma receive the flu vaccine. The vaccine is usually available in August/September, so make sure you have a plan for how and when your child will get vaccinated.



5. Education and Communication

In addition to the common Fall triggers mentioned above, the school environment can present additional exposures and triggers that may worsen your child's asthma control. It is important to work together with your student's teacher(s), school nurse, and school administrators to make sure they are aware that your child has asthma and understand your child's asthma triggers. If you still have concerns about your child's school environment, your child's provider may be able to help work with your school nurse to optimize the school environment for your child.



Dr. Simoneau is an Assistant Professor of Pediatrics at Harvard Medical School and an attending physician in the Division of Pulmonary Medicine at Boston Children's Hospital (BCH). She participates in the Severe Asthma Program and the Aerodigestive Program at Boston Children's Hospital and conducts patient-centered outcomes research related to asthma.

Team AAFANE Runs ASICS Falmouth Road Race 2023!



Thank you to the members of "Team AAFANE" who ran the Falmouth Road Race on August 20th to raise funds for AAFA New England. The team of sixteen runners covered seven miles and raised over \$17,000 for AAFA New England!



AAFA New England hosts the Kyle Dine Family Concert

Kyle is a trusted food allergy educator who has created and delivered powerful, fun and educational assemblies on food allergies for the past seven years. He has performed at over 900 schools for nearly half a million children.

Kyle educates children about food allergy awareness using stories, songs, puppets, and interactive activities. His shows empower children with and without food allergies to do their part to maintain allergy safe schools.

Attendees had the chance to visit our sponsor booths and receive samples and information along with the concert. We appreciate the support of our generous sponsors for this event!



Supporters:



**Boston
Children's
Hospital**

Exhibitors:

Whole Wilde World Books



AAFANE's Fall Gala 2023 and Exhibit



Fall Gala 2023

Honoring Three Champions of the Asthma and Allergy Community



November 3

Join us and others in the asthma and allergy community for an evening of celebration and support of AAFA New England's work at our sixth annual for life without limits™ Fall Gala 2023 as we proudly honor Champions of the Asthma and Allergy Community: **Dr. Lynda Schneider, Burton's Grill Restaurant and New England School Nurses.**

Check out the amazing silent auction items, browse the exhibit tables, meet our Champions, relax with a cocktail and enjoy a delicious seated dinner! We know you will enjoy the conversation, connecting with others and the inspiring views of Boston from the 32nd Floor!

For more information and to purchase tickets or sponsorships, please go to our website: <https://e.givesmart.com/events/snE/>

Seating is limited!

AAFANE Honors its 2023 Champions of the Asthma and Allergy Community



Lynda Schneider, MD

Dr. Schneider is being honored as a 2023 Champion of the Asthma and Allergy Community for her longterm commitment, outstanding leadership and expertise in her work as a pediatric allergist to help her patients with allergies, asthma and related diseases achieve improved health outcomes.

Dr. Schneider is Section Chief, Allergy and Asthma Program, Division of Immunology at Boston Children's Hospital. She is a Professor of Pediatrics, Harvard Medical School. Dr. Schneider's award-winning research has focused predominantly on food allergies and atopic dermatitis (eczema) for most of her career. She founded the Atopic Dermatitis Center at Boston Children's Hospital over twenty years ago, which was one of the first established in the country.

Her many achievements and leadership roles are impressive. In 2004, Dr. Schneider received the AAAAI/Aventis Woman in Allergy Project Grant Award. In 2009, she served on the NIH (National Institutes of Health) Food Allergy Clinical Guideline Expert Panel, and in 2011, she was Chair, Atopic Dermatitis Practice Parameter Workgroup. Her important work and research will help enhance a better understanding and management of these chronic diseases.



Burtons Grill Restaurant Group

Burtons Grill Restaurant Group is being honored as a 2023 Champion of the Asthma and Allergy Community for its over 16 year commitment to establishing stringent food allergy safety protocols to help ensure safe dining experiences for the food allergy community.

BURTONS
GRILL & BAR

Burton's Grill Restaurant, which originated and is based in Massachusetts, has long recognized that the food allergy community deserves a safe dining experience when eating out. As a result, it made public its commitment to achieving this goal by posting its Allergy Awareness Statement on the company's website. For over 16 years Burton's Grill Restaurant has ensured the delivery of comprehensive food allergy safety protocols and procedures that go above and beyond the industry standard. All staff receive detailed food allergy protocol training. From the minute a person places an order the server asks if anyone has a food allergy, communication is then made with staff responsible for preparing meals where special procedures are followed, including the use of designated cookware and special plating, followed by delivery of the meal by the restaurant manager. All 18 Burton's Grill Restaurants are peanut-free, with 9 locations here in New England.



Denise Herrera is Vice President of Culinary Operations at Burton's Grill and Red Heat Tavern restaurant group. Denise will represent Burton's Grill Restaurant Group at our Fall Gala to accept the 2023 Champion of the Asthma and Allergy Community award.



The New England School Nurses

The New England School Nurses are being honored for their exceptional work and dedication to the daily care of their students, never wavering in their commitment during the challenges of the COVID-19 pandemic.

New England School Nurses were true champions during the pandemic by going above and beyond "normal" job expectations in their work. Despite the challenges of remote and hybrid conditions for an extended period of time, they worked long hours and long days to maintain records, make and follow-up on phone calls and track/trace progress as was needed. During this time they maintained important contact with families of medically fragile students, including those with asthma and allergies. Families were provided updated information about care, needed vaccines, plans for students coming back to school, mask usage requirements/recommendations, and so much more! Recognition for these outstanding individuals is long overdue.

Each of the following state school nursing association Presidents will represent their organization at our Fall Gala to accept the 2023 Champion of the Asthma and Allergy Community award:

Cathryn Hampson, MSN, RN, NCSN Massachusetts School Nurse Organization
Laurie Fleming, RN, MPH, NCSN New Hampshire School Nurses' Association
Kelly Landwehr, MSN, RN, CPNP Vermont State School Nurse Association
Angie Buker, MSN, RN, NCSN Maine Association of School Nurses
Michelle Lacoï, RN, CSNT Rhode Island Certified School Nurse-Teachers Association
Paula Feyerharm, RN, MA Association of School Nurses of Connecticut

AAFA New England: News & Notes

WooSox Honor AAFA New England for its work

Kyle Dine and Mark Uzzell, former longtime Board member and his family represented AAFA New England at the May 18th game. Kyle Dine threw out the first pitch to kick off the game.



MSIC Golf Charity Tournament

A big thank you to MSIC, AAFA New England, corporate partner, for sponsoring their charity golf tournament to benefit AAFA New England. The tournament raised a grand total of \$50,175. We are so grateful for MSIC's support and to all of those who donated and participated. President Jan Hanson greeted golf participants with MSIC's Erika Morin.



NESA (New England Society of Allergy) and MSNO (Massachusetts School Nurse Organization) Conferences:

AAFA New England participated in both of these conferences, and shared information about its work on behalf of our asthma and allergy community. These conferences were attended by New England allergists and Massachusetts school nurses.

Legislative Advocacy

MA H.2138/S.1338 An Act to Improve Food Allergy Awareness – An Update

On June 21, 2023, Executive Director Leslie Scales represented AAFA New England at the MA State House to provide testimony in support of MA H.2183/S1338 An Act to Improve Food Allergy Awareness to the Joint Committee on Public Health. President Jan Hanson provided written testimony in support of this important bill to be added to the record. H.2138/S.1338 presents reasonable strategies which will help reduce the reality of our food allergic community from experiencing allergic reactions or worse, when eating restaurant food. AAFA New England strongly supports this Bill and has been working actively with our community to rally for its support. We thank Representative Gentile and Senator Creem for filing H.2183/S.1338 and the 46 legislative co-sponsors, for their responsiveness to the needs of the Massachusetts food allergy community. We also applaud Nicole Arpiarian for her passion and untiring work to see An Act to Improve Food Allergy Awareness become law in Massachusetts.



Legislative Advocacy: An act ensuring safe patient access to emergency care

On April 27th, Leslie Scales participated in a press conference with Peter DeMarco to help support the announcement of new Massachusetts DPH regulations to enforce the requirements related to Laura's Law. Officially known as "An Act Ensuring Safe Patient Access to Emergency Care," Laura's Law was signed into law by Gov. Charlie Baker on Jan. 15, 2022. If these requirements had been in place, it is likely that Pete's wife, Laura, would have received timely treatment for her asthma and would be alive today.

FACTS ABOUT ASTHMA:

- 25 million people have asthma in the United States.
- Asthma is the number one chronic illness in children.
- In 2019 in the U.S., asthma accounted for 1.8 million emergency department visits.
- In 2020, there were 4145 deaths due to asthma in the United States.

There's no cure for asthma, but its symptoms can be controlled and treated

Thank You to Our Corporate Partners

AAFA New England is grateful for the support of our Corporate Partners in 2023. Their generous support allows us to provide valuable resources to help our members live fully with asthma and allergies.



The Thoracic Foundation

Published with a grant from the Thoracic Foundation

Asthma & Allergy Bulletin

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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



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 children ages 2-4 years with a history of wheezing, allergies, and family 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>



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 followup 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@mgh.harvard.edu



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Halloween Fun Run for Food Allergies scheduled for October

Join us for the
Halloween Fun Run
for Food Allergies
tentatively
scheduled for
Sunday, October 15
at 1 PM-location
to be determined.



Natick High School Senior Lea Adelman proposed this race as a way to raise awareness about food allergies. It will be a day full of friends, running, and fun! Sponsored by AAFA New England, this event will help fund educational resources for those with food allergies. To sign up please email Lea Adelman at leadelmann@students.natickps.org

Join the AAFANE Community and Get Involved!

- Attend our Speaker Series Programs and learn from the experts!
- Advocate with us for changes in public policy that will benefit the asthma and allergy community!
- Spread Awareness by participating in our social media!
- Support AAFA New England: your donations help us all "for life without limits"™!
- Donate to a Team AAFANE Runner! (See Page 4)
- Join us for AAFANE's Fall Gala 2023 on Friday, November 3! To purchase tickets, go to: <https://e.givesmart.com/events/snE/>

Fall Gala 2023



November 3

By joining our community you will receive updates and notifications about research, educational programs and events of interest to you.



Asthma and Allergy
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DEDICATED TO THE
CONTROL AND CURE OF
ASTHMA AND ALLERGIES
TO HELP PEOPLE LIVE ACTIVE, HEALTHIER LIVES

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