FALL 2026

Asthma & Allergy Bulletin

ASTHMA AND ALLERGY FOUNDATION OF AMERICA • NEW ENGLAND CHAPTER

Asthma and Allergy Foundation of America NEW ENGLAND CHAPTER SpeakerSeries

DECEMBER WEBINAR - 12/1

Medical Devices, Medications, and Treatment Options: Managing Your Asthma and Food Allergies

- Presented by Giovannie Bejin, MSN, BSN-RN, CPNP-PC, AE-C

Registrations details to come!

A Season of Giving: Support our Mission!

This Giving Tuesday and throughout the holiday season, we invite you to support the Asthma and Allergy Foundation of America, New England Chapter.

See page 7 for how you can support AAFA New England, Thank you!

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to watch recorded webinars anytime—even if you miss the live program
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Asthma and Allergy Foundation of America® NEW ENGLAND CHAPTER

Navigating the Holidays with Food Allergies

By: Sara Voorhees, PhD

The holidays bring family gatherings, school celebrations, and favorite foods. For families managing food allergies, these occasions can also bring added planning, uncertainty, and stress. With preparation, communication, and flexibility, families can prioritize safety while making meaningful holiday memories.

Plan ahead and communicate early.

If attending a gathering, talk with the host about food allergies, ingredients of concern, and cross-contact precautions. Check labels and ask questions. If hosting, ask guests about their needs in advance and plan together. Knowing what to expect can help families feel more prepared and reduce stress.

Keep safety routines consistent.

Before gatherings, ensure prescribed epinephrine autoinjectors are unexpired, accessible, and available. Review your child's food allergy emergency action plan and make sure supervising adults know how to recognize a reaction and respond. Bringing safe foods can provide additional options when needed. Consistent routines help children know what to expect, even in unfamiliar settings.

Help children feel included.

Children may feel disappointed or left out when they cannot eat the same foods as relatives or friends. Plan ahead for safe treats, adapt family recipes when possible, and include non-food activities in holiday traditions. Ask children what would help them feel included and acknowledge difficult feelings without minimizing them. Emphasize the people, activities,



and traditions they can enjoy that are unrelated to the food.

Build confidence through age-appropriate involvement.

Food allergy safety is a shared responsibility, and children can gradually learn skills as they develop. Younger children can practice checking with a trusted adult before eating and learn which adults can help keep them safe. School-age children can practice asking about ingredients, recognizing unsafe situations, and knowing where their medication is kept. Teens can take increasing responsibility for carrying their medication, communicating their needs, and following their emergency plan, with appropriate adult support. Parents can practice these routines with children before gatherings, role-play how to respond when offered unfamiliar food, and praise asking questions and seeking help. Encourage children to speak up about their needs while reinforcing that adults are there to support them.

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Asthma and Allergy Foundation of America®
NEW ENGLAND CHAPTER

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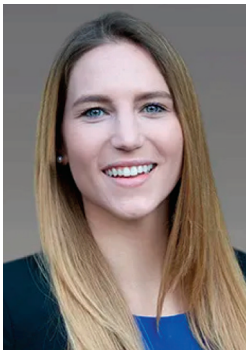
Danielle Woodward

Navigating the Holidays with Food Allergies

continued from page 1

Focus on connection, not perfection.

Gatherings may not always go exactly as planned. It is okay to set boundaries, decline foods that do not feel safe, or adjust plans when needed. Food allergies require vigilance, but they do not have to overshadow time with loved ones. For individualized guidance, consult your allergist and follow your established food allergy emergency action plan.



***Sara Voorhees, PhD**, is a clinical psychologist in the Allergy Program at Boston Children's Hospital and an Instructor of Psychology at Harvard Medical School. She specializes in pediatric psychology, with expertise in helping children and families navigate the emotional and behavioral challenges associated with food allergies and other allergic conditions. She is passionate about supporting children's coping skills, confidence, and independence while helping families manage food allergy-related anxiety and promote quality of life.*

TEAM AAFANE Runs in 2026 ASICS Falmouth Road Race

Thank You to Team AAFANE for running in the 2026 ASICS Falmouth Road Race and to all who supported them! The team of eighteen runners covered seven seaside miles raising over $35,000 to benefit AAFA New England's mission and work for the asthma and allergy community!







Highlights from AAFA New England's 2026 *for life without limits™* Fall Gala and Exhibit



Fall Gala 2026

for life without limits™

September 18





















AAFANE'S 2026 Fall Gala and Exhibit was a truly memorable, informative and impactful evening!

Patients, Family and Caregivers, Friends, Board members, Medical Professionals, Champions, Exhibitors, Sponsors, and Supporters connected and celebrated AAFA New England's work to improve quality of life for those impacted by asthma and allergic diseases!

Wanda Phipatanakul, MD, MS delivered a thought-provoking Keynote Address "Artificial Intelligence in Allergy and Immunology - Friend or Foe?"

Our 2026 Champions of the Asthma and Allergy Community:

Elisabeth Scannell Stieb, RN, BSN, AE-C, 110 Grill Restaurant Group, Megan Shai Brown were recognized for their outstanding work and achievements in the field of asthma and allergies.

We were proud to recognize this year's Champions, whose dedication reflects the very best of what our mission is about: Their commitment, generosity, and tireless efforts continue to make a meaningful, positive impact on the lives of people affected by asthma and allergies, and we are deeply grateful for all they do.

AAFA NEW ENGLAND: NEWS & NOTES

Save the Date!

Asthma and Allergy Foundation of America NEW ENGLAND CHAPTER
SpeakerSeries

December Webinar 12/1

AAFA New England Welcome Two New Team Members

AAFA New England's Board of Directors is thrilled to announce that Silva Sedrakian has joined us as Executive Director and Danielle Woodward has joined as Coordinator of Education and Outreach. Welcome Silva and Danielle!

Silva joined AAFA NE as the Executive Director. Her experience spans education, international development, humanitarian response, public health, and finance. She has worked in both global and local contexts, including with a United Nations agency and an international NGO, and most recently served as executive director of a research and education organization. Silva is passionate about assisting families in overcoming their asthma and allergy challenges.

Danielle has a background in investor relations, marketing, and project management with for-profit and non-profit organizations. She is an active nonprofit volunteer with experience in board leadership and community programs. Her passions include food allergy awareness, research, and advocacy. She is excited to contribute as Coordinator of Education and Outreach with AAFA New England.



Silva Sedrakian



Danielle Woodward

AAFANE Supports the MGH Food Allergy Buddies!

AAFA New England was pleased to assist the 2026 MGH Food Allergy Buddies Program at its Museum of Science event - May 2026.



Board Vice President Karen Roberto and Michael Pistiner, MD, MMSc greeted participants at the check-in table.

Food Allergy Science Initiative FASI-10 Summit

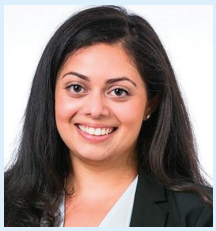


Silva Sedrakian, FASI CEO Carlos Bosques, Chris Creter, Jan Hanson, Meghan Neri, and Emile Baker

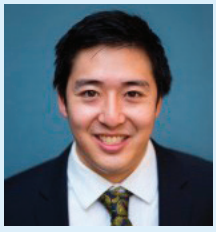
It was an honor for members of the Asthma and Allergy Foundation of America, New England Chapter's Board of Directors and staff to attend the FASI-10 Summit this October in Cambridge, MA. For two days worldclass scientists shared their groundbreaking studies advancing food allergy research. This thought-provoking, enlightening summit brought hope about the future for all who are impacted by food allergies.

AAFA New England Awards $13,500 in Medical Research Grants

AAFA New England is committed to supporting research that will strengthen the ability of an early career investigator to conduct productive research through funding of a project in the areas of allergy and asthma that is consistent with our mission. We were thrilled to award the 2026 Medical Research grants to Dr. Zara Atal and Dr. Christopher Hino.



Zara Atal, MD, grant funding in the amount of **$10,000** for her research project titled: *"Caregiver Provided Qualitative Feedback of Supervised Peanut Feeding Experience for Infants".* **Dr. Atal is a Clinical Fellow, Martha Eliot Health Center, Boston Children's Hospital.**



Christopher Hino, MD, grant funding in the amount of **$3,500** for his research project titled: *"Dissecting the Cellular and Molecular Programs Governing IgE B Cell Fate in Allergic Airway Disease".* **Dr. Hino is an Allergy and Immunology Fellow with Brigham and Women's Hospital.**

Hartford Press Conference – Air Quality and Asthma

Hartford Asthma Press Event was held on Monday, October 26th, with local leaders including Dr. Mark Mitchell, an environmental justice leader, Senator Saud Anwar, Acadia Center and the Sierra Club of Connecticut, to learn and discuss air pollution and its impact on asthma in Hartford.

Silva Sedrakian, the Executive Director of the Asthma and Allergy Foundation of America, New England Chapter shared findings from the 2026 Asthma Capitals® report, which ranks Hartford #8 among the 100 largest U.S. cities most challenging to live in with asthma, and shared factors that contribute to an increase in asthma prevalence, risk of emergencies and death related to asthma.

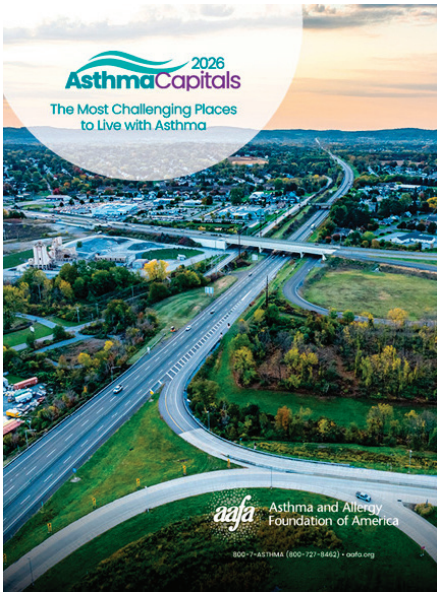
AAFANE's Advocacy in MA

- AAFANE sent a letter of appreciation to MA House Speaker Ronald Mariano and other House leadership for their support of patient-friendly health policies, such as 'Share the Savings' that would bring manufacturer rebates to MA patients to assist them with out-of-pocket costs at the pharmacy counter.

- AAFA New England continued its strong support of MA H.5443 An Act relative to increasing access to epinephrine by reaching out to each member of our community with the request that they sign on to a group letter asking House Ways and Means Committee Chairperson Aaron Michlewitz to pass this bill favorably out of his Committee, moving it closer to the Governor's desk. We were pleased to receive 132 signatures in response to this 'Call to Action'!

- In recognition of the burden of the cost of hospital visits and treatments often experienced by MA residents managing asthma and allergies, AAFANE wrote to Congressman Neal to encourage his support of H.R. 9504 Tax Exempt Hospital Transparency Act, healthcare legislation that would increase accountability and transparency in hospital pricing.

2026 Asthma Capital Report™



The Asthma and Allergy Foundation of America's (AAFA) Asthma Capitals® report ranks the largest 100 cities in the contiguous U.S. by how challenging they are to live in when you have asthma. AAFA publishes this report to show the nationwide burden of asthma. It is a call to action to help the nearly 28 million people in the U.S. with asthma.

Risk factors such as poverty, lack of health insurance, lack of access to asthma specialists, air pollution, smoking, pollen allergy contribute to increase in asthma prevalence, risk of emergencies and death related to asthma.

To read the full 2026 Asthma Capitals Report,™ visit www.asthmacapitals.com



CLINICAL RESEARCH STUDIES: OPPORTUNITIES TO GET INVOLVED!

Boston Children's Hospital

Until every child is well℠

The Asthma/ Allergy Clinical Research Center Research Center is a National Institutes of Health (NIH) funded Center, currently recruiting for a number of studies for patients with asthma and/or allergies! All visits are compensated and all travel to and from the hospital is covered by the and from the hospital is covered by the research group. The studies also provide free medications. Call or email to see if you or your child is eligible for any of these exciting studies!

- **CHEETAH:** (Mechanisms Underlying Asthma Symptoms and Exacerbations Across T2 status in children). We are studying if there are different mechanisms in asthma symptoms during asthma exacerbations. Children age 6-17 with asthma and healthy controls are eligible.

- **School Inner-City Asthma Study-3:** We are evaluating whether children and adults with or without asthma have novel signatures in asthma control. Children and adults 5 and above including healthy controls are eligible.

- **Radon Asthma Intervention Trial (ROME):** We are evaluating whether a Radon Mitigation System can reduce asthma in children and adults age 5 and above.

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 call 857-218-5336 or email asthma@childrens.harvard.edu https://bchasthmaresearch.com

Food Allergy Center

MASSACHUSETTS GENERAL HOSPITAL

MassGeneral Hospital *for* Children℠

Contact: Jannat Gill, Clinical Research Manager at Jgill0@mgh.harvard.edu to learn more.

Zenith (Efficacy of Tezepelumab in Peanut Oral Immunotherapy: A Double-Blind, Randomized, Placebo-Controlled Trial): We are evaluating the safety and efficacy of Tezepelumab in combination with peanut OIT. Individuals ages 12-55 years are eligible. The study site is MGH in Boston.

Mabylon (A Randomized, Quadruple-blinded, Placebo-controlled, Single-ascending and Multiple Dose Study to Evaluate the Safety, Local Tolerability, Pharmacokinetics, Immunogenicity, Pharmacodynamics, and Exploratory Clinical Activity of MY006 in Healthy Volunteers and Adolescent and Adult Patients with Peanut Allergy): We are evaluating the safety and local tolerability of a novel medication called MY006 at different doses. Peanut allergic individuals aged 18-55 years are eligible. The study site is MGH in Boston.

Regeneron EoE Tots (A study of dupilumab in small children with an allergic condition of esophagus eosinophilic esophagitis) We are studying the safety and tolerability of dupilumab treatment in pediatric patients weighing between 5-15kg with active EoE. Children over 6 months and weigh between 5-15kg with active EoE are eligible. The study site is MGH in Boston.

CLOU (A 52-week multicenter, randomized, double-blind, placebo-controlled study to assess the safety and efficacy of remibrutinib [LOU064] in adults and adolescents with IgE-mediated food allergy): We are studying the safety, efficacy, and tolerability of an investigational medication called remibrutinib in adolescents and adults with food allergies. Individuals aged 12-65 years with food allergies may be eligible. The study site is Massachusetts General Hospital in Boston.

EBM (Discovery of Biomarkers for Environmental Allergies): We are researching how immunotherapy works for environmental allergies, particularly how it might help promote protective antibodies, to develop better forms of therapy. This is a longitudinal study where we are collecting biological samples from children and adults aged 4 years to 65 years with environmental allergies on immunotherapy. Recruiting soon. The study site is MGH in Boston.

ICEBERG Biorepository (Immunologic Characterization of Esophageal Biopsies and Blood in an EoE ReGistry): We are inviting patients undergoing an upper endoscopy (EGD) at Massachusetts General Hospital in Boston to participate in a research study. Eligible participants are 1 to 64 years of age and scheduled to undergo an upper endoscopy.

DBM (Discovery of Biomarkers for Food Allergy): We are researching the efficacy of using biomarkers as an accurate identifier of food allergy. This is a longitudinal study that is collecting biological samples from participants 6 months to 65 years old. The study site is MGH in Boston.

SUNBEAM II (Systems Biology of Early Atopy – Continuation to Age 6): We are inviting children who previously participated in SUNBEAM I to enroll in SUNBEAM II. Study visits will take place at Newton-Wellesley Hospital.

Thank you to our Corporate Partners

AAFA New England is grateful for the support of our Corporate Partners, Sponsors and Exhibitors. Their generous support, partnership and participation truly does make our work possible!

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The Asthma & Allergy Bulletin is published three times each year by the Asthma & Allergy Foundation of America – New England Chapter (AAFA New England) and is mailed to more than 3,000 members of our community.

Information in this Bulletin 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 a endorsement. AAFA New England, including all parties to or associated with this Bulletin, will not be held responsible for any action taken by readers as a result of the Bulletin.

AAFA New England, founded in 1979, is a charitable 501(c)(3) organization whose mission is to improve the quality of life for people living with or caring for someone with asthma, allergies (including food allergies) and related diseases. Serving all six New England states, we are committed to raising awareness about disease management and reducing health disparities through educational programming, patient support, advocacy and support of medical research. ©2026. All rights reserved. Material may not be reproduced without permission of the publisher.

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- Make a one-time, tax-deductible contribution*
- Set up a recurring monthly donation*
- Make a Qualified Charitable Donation (QCD) from your IRA
- Recommend a grant from your Donor Advised Fund (DAF)
- Increase your contribution if your employer has a matching gift program
- Celebrate someone with a tribute
- Attend our Food Allergy Conference & Expo
- Join us at our 2027 Fall Gala and Exhibit
- Support a Team AFFANE runner in the Falmouth Road Race
- Contribute to our Medical Research Grant
- Become a Corporate Partner, Sponsor or Exhibitor

Every Contribution Counts, Thank you!

**Online contributions can be made at asthmaandallergies.org*

Checks, made payable to AAFA New England can be mailed to:

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Thank You to Our Community for Your Support!

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Hopeful News for VIASKIN® Peanut Patch!

DBV Technologies has submitted a Biologics License Application (BLA) to the U.S. Food and Drug Administration (FDA) for the VIASKIN® Peanut Patch for children aged 4 through 7 years with peanut allergy. If approved by the FDA, the VIASKIN® Peanut Patch would be the first non-oral, non-injection treatment of its kind using epicutaneous immunotherapy (EPIT), designed to gradually desensitize children ages 4 to 7 to peanut through the skin.

Support Our Mission!

This season, please consider supporting the Asthma and Allergy Foundation of America, New England Chapter. Your generosity helps families across the region living with asthma and allergies.

Every gift makes a difference, and your contribution is tax-deductible as permitted by law.

Give today at asthmaandallergy.org or mail by check.

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