

Allergy & Asthma Adventures

WARNING: Risks of Poorly Controlled Asthma

Asthma is a chronic disease of the lungs that causes swelling and redness inside the airways and causes the muscles on the outside of the airways to tighten. This makes breathing difficult and can cause coughing, wheezing, shortness of breath and chest tightness.

Studies have shown that in Canada, 50% of children with asthma do not have good control of their asthma. Poorly controlled asthma can cause significant impact on a child and family's quality of life.

Poorly controlled asthma can have the following effects:

- Poor sleep because of coughing at night
- Unable to concentrate at school leading to poor grades
- Missing school or other activities because of asthma problems
- More emergency room/doctor visits
- Unable to keep up with friends.

Poorly controlled asthma in childhood can lead to more chronic severe asthma and permanent changes in the lungs.

Inhaled Corticosteroids (Controllers): are the most important medicines to use for treating asthma. They work on the swelling, redness and mucus inside the airways and when used regularly can help control symptoms and help prevent asthma flare ups. When first started, Controllers take a few days to begin to work and must be used daily in order to work well. Controller medicines are started or increased at the first signs of worsening asthma such as a start of a cold (runny nose, sneezing), needing more Reliever medicine, increased coughing at night or with activity. An Asthma Action Plan completed by your doctor can help your family decide when and how to adjust the amount of Controller medicine needed.

Bronchodilator Medicines (Relievers): give quick relief of asthma symptoms by relaxing the muscles on the outside of the airways. They work quickly and can be used every 4 hours if needed. Needing more Reliever medicine is a sign that asthma is not under control.

Surveys done at the CAAEC show that what "bugs" children the most about asthma is the inability to run and play at gym and recess. They value running and playing with their friends the most. Parents value not having to miss work or activities and not having to visit the Emergency room. Using the asthma Controller medicines correctly is the best way to keep asthma controlled and improve the quality of life for the child and the family.



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Asthma & Allergy
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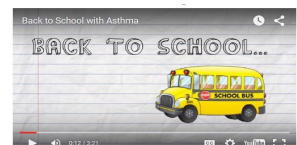
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Watch our new video "Back to school with Asthma"
on our website @ www.caaec.ca



Tips For Kids and Parents, Staying Safe at School.

The start of a new school year is an exciting time for children. It's important if your child has a food allergy to teach them rules and have an allergy checklist to help them prepare and keep them safe during the school year.

Rules for children in school or daycare should include:

- Only eat food that you have sent from home.
- Don't share food, utensils or straws.
- Wash hands before and after eating.
- **Always have your auto-injector with you or nearby.**
- If you think you are having a reaction or don't feel well, always tell a teacher or have a friend go get an adult. Never go off by yourself.
- If you feel you are being bullied or excluded talk with your teacher.



Tips for parents:

- Make sure all the necessary forms are filled out. A Unified Intake Nurse (URIS, in Manitoba) will contact you to make out an emergency anaphylaxis plan for your child.
- Once children start school, they should have a medical alert bracelet.
- Discuss with the child the signs and symptom of anaphylaxis.
- Find out at the start of the school year what your school's policies are on food allergy management.
- Meet with your child's teacher to discuss your child's food allergy before the start of classes.
- Find out where your child will eat and who monitors the classroom during lunch hour.
- Remind staff that you need to be notified of any classroom celebrations or changes in any plans made throughout the year.
- You may want to supply your child's teacher with safe snacks in case of last minute classroom celebrations.
- Remind teachers that some allergens may be found in craft items.

Learn:

- Sign up for our free programs for school age children (ages 7-11) with food allergy and their parents.
- For more information, call or email or check our website. Schedule for these programs is on page 4.



Food
Allergy
Canada

Have you heard?

Anaphylaxis Canada has changed their name to Food Allergy Canada and has a new website – www.foodallergycanada.ca

Food Allergy Canada has added some new features including a new blog, enhanced access to social media and additional online resources all to help individuals living with food allergies stay up to date and connected.

Upcoming Asthma Education Sessions

Call early as registration is limited!



FREE

<p>Asthma Under 7 yrs Sessions Parents only</p> <p>Wednesday, October 7 & 14</p> <p>Saturday, November 7 & 14</p>	<p><u>Age of child</u></p> <p>Under 7 years</p>	<ul style="list-style-type: none"> ○ Weekday evening sessions run from 7:00 pm to 8:30 pm ➤ Saturday sessions run from 10:00 am to 11:30 am
<p>School Age Sessions Parents and kids</p> <p>Wednesday, October 21 & 28</p>	<p>7 years - 11 years</p>	<ul style="list-style-type: none"> ➤ 7:00 pm to 8:30 pm
<p>Asthma Teen Sessions</p> <p>Tuesday, November 17 & 24</p>	<p>12 years - 16 years (Can bring a friend)</p>	<ul style="list-style-type: none"> ➤ 6:30 pm to 8:30 pm



Upcoming Food Allergy Education Sessions



<p>Food Allergy (7 yrs and under) Parents Only</p> <p>Monday, September 28 & October 5 Tuesday, October 27 & November 3 Wednesday, November 25 & December 2</p> <p>Friday, November 20 & 27 (afternoon session)</p>	<p><u>Age of child:</u></p> <p>7 years and under</p>	<p>Weekday evening sessions run from 7:00 pm to 8:30 pm</p> <p>Afternoon sessions run from 1:00 to 2:30 pm</p>
<p>Food Allergy School age Parents and children</p> <p>Saturday, October 17 & 24 Saturday, November 28 & December 5</p>	<p>7 - 11 years</p>	<p>10:00 am to 11:30 am</p>



U R Invited to the ALLERGY LOUNGE for Teens with food allergies age 12 - 16 years.
Bring a friend (does not have to have allergies), play games, learn, meet other teens with food allergy—
New topics each time. Call 204-787-4116 or email caaec@hsc.mb.ca to register.



Thursday, October 1st, 6:30 p.m. - 8:30 p.m.
Thursday, October 29th, 6:30 p.m. - 8:30 p.m.
Thursday, November 26th, 6:30 p.m. - 8:30 p.m.



Development of this program came from the Children's Hospital Foundation of Manitoba