

# Allergy & Asthma Adventures



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Asthma & Allergy Adventures is a publication of the Children's Allergy and Asthma Education Centre.

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## ***ASTHMA and ALLERGY- Q and A***

- 1. Does milk thicken secretions?**  
Milk does not increase nasal secretions, coughing, or congestion. Milk may thicken saliva, which may coat the throat and give the feeling of more mucus, but it does not cause the body to produce more mucus or phlegm.
- 2. Will using a wood burning fireplace or wood stove worsen asthma?**  
Any kind of smoke is a trigger for asthma. Wood burning fireplaces or wood stoves that are well maintained and well ventilated do not cause the home to be smoky and therefore should not worsen asthma. Cleaning and maintenance of a fire place and wood stove should be done every year by a professional. Wood should be stored outside.
- 3. Why can't children with asthma use cough syrup to control their night-time cough?**  
Cough medicine should not be given to a child with asthma. Coughing at night is often an important warning sign that asthma is out of control. An asthma cough should be treated with asthma reliever and controller medicine.
- 4. My child is allergic to cows milk. Can they drink goats milk?**  
No. Goat's milk protein is similar to cow's milk protein. More than 90 percent of people allergic to cow's milk will also react to goat's or sheep's milk.
- 5. If my child is allergic to one type of tree nut, do they have to avoid all tree nuts?**  
Some allergists recommend avoidance of all tree nuts in patients with an Nut allergy because of the risk of cross-contact among nuts during the manufacturing process. Other allergists suggest including some of the tolerated tree nuts in the diet depending on the child's age, test or food challenge results.
- 6. Can I get an Epi-Pen/Allerject at the pharmacy without a prescription?**  
Yes, epinephrine auto-injectors can be purchased without a prescription . However most drug plans will require a prescription for reimbursement.
- 7. Are coconut and nutmeg safe for people with a tree nut allergy?**  
Most people with a tree nut allergy can eat coconut. Nutmeg is a spice from seeds and is not a nut.
- 8. My child is allergic to bee stings. Can he eat honey?**  
Bee venom is unrelated to honey. Most people with bee sting allergy have no problem eating honey.

### Spring Allergy Season Strategies:

For some people spring can be a season where asthma can be hard to control. If spring is a time where your asthma is worse start or increase your asthma medicines as recommended by your doctor.

Follow your asthma action plan if your child's asthma worsens during the spring.

If your child has a pollen allergy:

- keep your windows in your home and car shut. Use air conditioning and remember to clean air filters on a regular basis.
- take shoes off outside or leave them at the door. Don't hang your child's clothes outside to dry.
- talk to your doctor about using nasal corticosteroid sprays or antihistamines that may improve allergy symptoms during peak periods.



Keep asthma controlled this Spring!



## CALLING CHILDREN WITH ASTHMA!

### ASTHMA EDUCATION AT YOUR SCHOOL

- HAVE FUN!
- MEET FRIENDS!
- PLAY GAMES!
- MAKE AIRWAYS!
- LEARN ABOUT ASTHMA!



#### "THE ROARING ADVENTURES OF PUFF" (RAP) PROGRAM:

- \*FOR 7-11 YEAR OLDS
- \*AT LUNCHTIME AT SCHOOL
- \*FOR KIDS ONLY
- \*FREE OF CHARGE



For more information about asthma education at your school call:

Nancy Ross 204 - 787-2353 or email [nross@hsc.mb.ca](mailto:nross@hsc.mb.ca)

## TEENS with FOOD ALLERGY

Teens with food allergies are at risk for severe reactions. We have been working to create an education program for this age group. Our first step was to run 3 focus groups with teens with food allergy. We asked teens how they like to learn and what they thought other teens with food allergy should know. *Teens believe they are well informed about their food allergy, often from parents. Good job PARENTS!*

*Things teens want to learn more about:*

- *Cross-contamination, warning labels on foods, food allergen in nonfood products*
- *Recognizing and staying calm during a reaction*
- *Teaching friends the signs of a reaction and how to use an auto-injector*
- *Being confident when communicating with others*
- *What to say in certain situations*
- *Hands on practice with auto-injector trainers*

*Food Allergy topics they want to discuss:*

- *Travel*
- *Dating*
- *Partying*
- *Grocery shopping*
- *Cooking*
- *Symptoms of a reaction versus anxiety*
- *New treatments and research*

With this information as well as from results of an online survey of over 100 teens with food allergy, we created the Allergy Lounge. Teens come to learn more about their food allergy from a teen peer helper with food allergy and a nurse educator. Teens will learn more about managing food allergies while playing games, watching video clips and joining in discussion. We held our first ALLERGY LOUNGE on Feb 26<sup>th</sup>. Teens who attended gave positive feedback about what they had learned and had a lot of fun.

The next session will be **Thursday, April 30<sup>th</sup>** from 6:30-8:30 p.m. The goal is that through this learning environment, teens with food allergy will increase their knowledge and skills in managing their food allergy.

For more information and to register, contact us at [caaec@hsc.mb.ca](mailto:caaec@hsc.mb.ca)

TEENS CAN FOLLOW THE ALLERGY LOUNGE ON TWITTER



### CALLING TEENS WITH FOOD ALLERGY

FREE

U R invited 2 the "Allergy Lounge"

Come help us evaluate this new program  
for teens ages 12 to 16 years with food allergies

Participants can  
enter to win a  
\$50 movie pass!

THE ALLERGY LOUNGE™

\*You can bring a friend (does not have to have allergies)

Join us:

Thursday, April 30, 6:30 p.m. - 8:30 p.m.

The Children's Allergy & Asthma Education Centre  
685 William Avenue, Winnipeg, Across from Children's ER  
Call 204-787-4116 or email [caaec@hsc.mb.ca](mailto:caaec@hsc.mb.ca) to register.

## Teddy Bear's Picnic

Don't miss the **29th** year of Manitoba's favorite picnic in the Park.

### Sunday, May 31, 2015 at Assiniboine Park

Come find us in the Dr. Goodbear Clinic.  
Bring your Bear for allergy testing and a bear allergy bracelet!

# Upcoming Food Allergy Education Sessions

*Call early registration is limited!*



## Spring 2015

|   |  |   |
|---|--|---|
| <p><b>Food Allergy (7yrs and under)</b><br/><b>Parents Only</b></p> <ul style="list-style-type: none"> <li>○ Saturdays, <b>April 11<sup>th</sup> &amp; 18<sup>th</sup></b></li> <li>➤ Tuesdays, <b>April 21<sup>st</sup> &amp; 28<sup>th</sup></b></li> <li>➤ Mondays, <b>June 1<sup>st</sup> &amp; 8<sup>th</sup></b></li> </ul> | <p><u>Age of child:</u></p> <p>7 years and under</p> | <ul style="list-style-type: none"> <li>○ Saturday sessions run from 10:00 am to 11:30 am</li> <li>➤ Weekday evening sessions run from 7:00 pm to 8:30 pm</li> </ul> |
| <p><b>Food Allergy School age classes</b><br/><b>Parents and children</b></p> <p>Saturdays, <b>May 2<sup>nd</sup> &amp; 9<sup>th</sup></b></p>  | <p>7 - 11 years</p>                                  | <p>10:00 am to 12:00 pm</p>   |



# Upcoming Asthma Education Sessions

*Call early as registration is limited!*



| <b>Spring 2015</b>   |  |  |
|--|--|--|
| <p><b>Asthma Under 7yrs</b><br/><b>Parents only</b></p> <ul style="list-style-type: none"> <li>➤ Mondays, <b>April 13<sup>th</sup> &amp; 20<sup>th</sup></b></li> <li>○ Saturdays, <b>May 30<sup>th</sup> &amp; June 6<sup>th</sup></b></li> </ul> | <p><u>Age of child</u></p> <p>7 years and under</p>    | <ul style="list-style-type: none"> <li>➤ 7:00 pm to 8:30pm</li> <li>○ 10:00 am to 11:30am</li> </ul> |
| <p><b>Asthma Teen Sessions</b></p> <p>Wednesdays, <b>April 15<sup>th</sup> &amp; 22<sup>nd</sup></b><br/><b>* for Teens only</b></p>   | <p>12 yrs - 16 yrs<br/><b>(Can bring a friend)</b></p> | <ul style="list-style-type: none"> <li>➤ 6:30 pm to 8:30 pm</li> </ul>                               |

## FOOD ALLERGY INFORMATION EVENING FOR GRANDPARENTS

with **Dr. Allan Becker**, Pediatric Allergist

Thursday, June 18th from 7:00 pm to 8:30 pm at the Children's Allergy and Asthma Education Centre.

Please call 204-787-4116 or email [caec@hsc.mb.ca](mailto:caec@hsc.mb.ca) to register!

