

Asthma Adventures

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

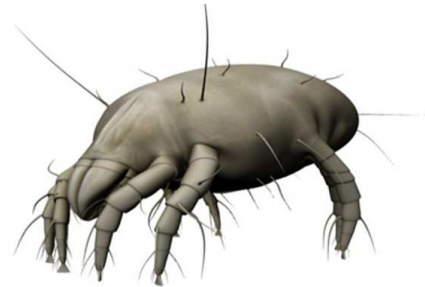
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Little Known Facts About Dust Mites

For most people house dust mites seem disgusting, but they actually are not harmful. Dust mite allergy is common for children with asthma or allergic rhinitis. In North America there are two species of house dust mites. Here are some interesting facts about these little creatures.

- Dust mites are too tiny to be seen.
- They are a cousin to the spider family, having eight legs.
- Dust mites live on dead skin cells regularly shed from humans and animals. The average person sheds about 2 pounds of skin a year giving dust mites a lot to eat.
- Dust mites like to live in warm, humid environments.
- A bed is the perfect environment for house dust mites. Depending on the age of the mattress, it may be home to between one million and ten million dust mites.
- The weight of a mattress doubles after 10 years due to dust mites and the average pillow increases in weight by 10% after one year.
- A single dust mite produces about 20 waste droppings a day, each containing a protein to which many people are allergic.
- Adult females can lay up to 40-80 eggs and live about 80 days.
- Dust mites are also found in carpets, drapes, and upholstered furniture.



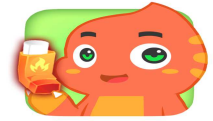
Dust Mite Allergic? What can you do?

There are measures you can take to reduce the amount of dust mites in your home. Focus on the bedroom. If your child has an allergy to dust mites, the child's mattress and pillow should be enclosed in dust mite proof covers. The whole mattress must be covered, not just the top. Wash sheets weekly in hot water and dry in hot dryer for at least 45 minutes. If stuffed animals cannot be washed, place in the hot dryer every couple of weeks for 45 minutes.

Keeping humidity levels low, below 50%, will reduce the number of dust mites. Do not use a humidifier in the child's bedroom. Removing carpets, drapes and blinds will also help reduce the number of dust mites in your child's bedroom.

Visit our website for more information on dust mites (www.asthma-education.com).

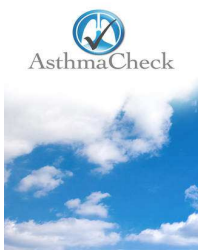
WellaPets



Wellapets is a new app for kids that provides a way for a child to practice the skills involved in managing their own asthma symptoms in a safe environment through taking care of a pet they adopt. They can practice proper inhaler techniques and recognize asthma symptoms according to an asthma action plan, thereby becoming more competent and confident in their own abilities to take care of themselves. Wellapets gives kids confidence by putting them in control. Adopting a Wellapet teaches kids a specific type of responsibility regarding their own health. Kids can gain the skills and confidence in asthma management by taking care of their Wellapet, so they can then help take care of their own asthma and prevent asthma attacks.

Adopt a Wellapet that needs your help! Wellapets is live on the [App Store](#), [Google Play](#) and [Amazon Appstore](#).

New to the world of asthma are apps for mobile phones. Asthma apps are available for smartphones. This new technology lets you use your smartphone to best manage or track your child's asthma or your own. Check out these asthma apps to see if they might help you with better asthma control.



Do you use Facebook.....how about Twitter? Both Facebook and Twitter can be very effective tools for communicating messages to a larger audience. They are also excellent for connecting you with people to share your ideas with. The key aspect that makes social networking so attractive to organizations is when we talk to you, everybody who follows us can see our conversation. And when you respond to us, all of the people you are connected to can read what you're saying.

As tablets and smartphones become increasingly interlaced with our everyday lives, using multiple devices has become an integral part. Over a billion people use Facebook to connect. Facebook is on three of every four smartphones, and more than half of people on Facebook visit every day. Twitter is a social tool for friends, family, and coworkers to communicate and stay connected through the exchange of quick, frequent messages. A Tweet is any message posted to Twitter, and all are 140 characters or less. The average number of tweets per day is 58 million.....or 9,100 per second. Come "like" us on Facebook...or follow us on Twitter. The Children's Allergy and Asthma Education Centre (CAAEC) posts new information on asthma and food allergies to keep you up to date on the latest news and research.

Whatever your style, you can stay connected to us....through FB, Twitter or through our websites (www.asthma-education.com or www.caaec.ca).





Come visit us at Picnic!



World Asthma Day
May 6th, 2014

Interesting Asthma Facts!

First born children are more likely to have asthma than their younger siblings.



Sucking on your baby's soother to clean it may protect your child from developing asthma.



Babies born by caesarian section have a 25% higher chance of developing asthma. The reasons for this are not yet clear.



There is a higher incidence of asthma in city kids vs. country kids. 14% of children who live in the city have asthma while only 10% of children who live in the country have asthma.

Food Allergy Study for Teens -

The Children's Allergy and Asthma Education Centre (CAAEC) have been leaders in developing asthma and food allergy education programs for families. We offer food allergy classes for parents of children under 7 years and for school age children age 7-11 years and their parents. We have now begun planning to build a program for teens with food allergy. Teens have many changes in their life; that put them more at risk for anaphylaxis (severe reaction). These changes include: the school environment, social changes and brain development in the teen years. We have begun to hold teen focus groups to ask teens with food allergy what they think other teens with food allergy need to know to best manage their food allergy. We are also asking these teens how they like to learn best. Our goal is to use the information we gather in these Teen Focus Group sessions to help us plan a food allergy program for teens. We hope this new program will be innovative and help teens to better manage living with their food allergy.



Upcoming Food Allergy Education Classes



<u>Spring 2014</u>		
7 and under Parents Only Saturday, May 3 & 10 Tuesday, June 3 & 10	Age of child: 7 years and under	10:00 am to 11:30 am 7:00 pm to 8:30 pm
School age classes Parents and children Saturday, May 31 and June 7	7 - 11 years	10:00 am to 12:00 pm

Food Allergy Information Evening for Grandparents with Dr. Allan Becker, Pediatric Allergist

Thursday, June 12th at 7:00 pm at the Children's Allergy & Asthma Education Centre
 Call Nancy at (204) 787-2353 or caaec@hsc.mb.ca to register!



Upcoming Asthma Education Classes

Call early as registration is limited!

<u>Spring 2014</u>		
LESS THAN 3 Parents Only Thursday, April 24 & May 1	Age of Child: Under 3 yrs. old	7:00 pm to 8:30 pm
PRESCHOOL Parents Only Wednesday, May 7 & 14	3 – 6 yrs. old	7:00 pm to 8:30 pm
SCHOOL AGE Parents and Kids Tuesday, April 8 & 15	7 – 11 yrs. old	7:00 pm to 8:30 pm
TEENS Teens Only Wednesday, April 9 & 16	12 – 16 yrs. old	6:30 pm to 8:30 pm Dinner provided