



WV Asthma Education & Prevention Program

Summertime 2010

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SPECIAL POINTS OF INTEREST:

- New App for Asthma
- Vacationing with Asthma
- WVAC Review
- Allergies and Your Garden
- Uncontrolled Asthma
- Spring Meeting Review
- Quarter's Success Story

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Keeping the Fun in Summer

Here are a few tips that can help people with asthma have a fun and active summer:

Be Smart about exercise. If you avoid activities like running that require sustained energy, you won't have to completely give up exercise.

Take advantage of air conditioning. You need it in both your home and your car so that you can breathe cool, clean and dry air.

Avoid outdoor fires. When camping or grilling, don't sit or stand close to smoky fires or grills.

Shower at night. Taking a shower and washing your hair each night will help you avoid bringing allergens into your room.

Remove shoes. That means leaving them at the door so you won't track in allergens.



Air camping gear. You need to air out tents, sleeping bags and any other gear to get rid of mold, which is a common asthma trigger. Be sure to do this both before and after you camp.

Check the weather. You'll know what to expect as far as pollen counts and ozone levels if you check the forecast before you leave for the day or on a longer trip.

Stay indoors. When the ozone levels skyrocket in summer, it's wise to stay inside whenever possible.

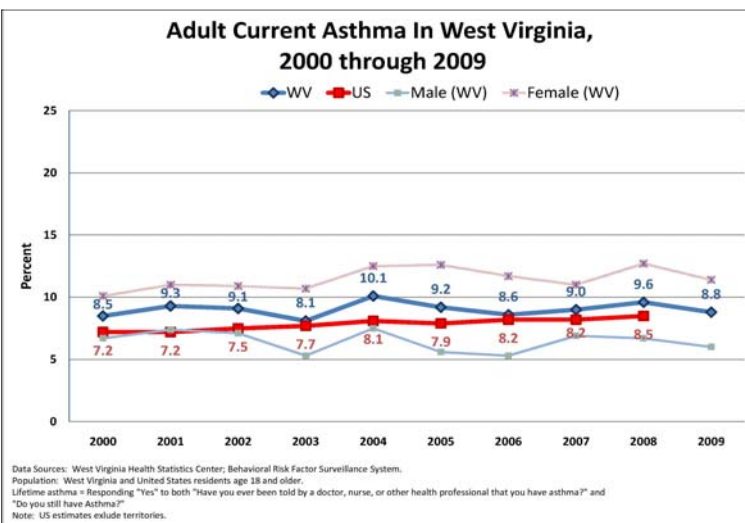
www.aaaai.org

The latest asthma self-management information, diagnosis, treatment options, bi-lingual materials, links and events in WV by viewing:
The West Virginia Asthma and Education Program at www.wvasthma.org

Smoking and Asthma in West Virginia

WVAEPP Epidemiologist Sharon Hill reports that in 2009 approximately 177,000 (12%) West Virginia adults and 47,000 West Virginia children have at some point been diagnosed with asthma by a health care professional.

An estimated 126,000 (8.8%) of adults and 32,000 (8.5%) of children in West Virginia currently have asthma. Of these adults, more than 45,000 (36%) are current smokers.



WVAC Subcommittees in Action

Clinical Asthma Management

The Cabin Creek Health Center spirometry project continues to be successful. Information/starter kits are to be sent to other sites to expand the project. Geff Bergh (Merck) has offered additional resources for the project.

Environmental

Asthma Friendly Business criteria and awards are being planned.

Data Sharing

The data group is working with the other subcommittees to help plan evaluation efforts for their projects.

Schools & Pediatrics

The subcommittee is working with Rainelle Medical Center to conduct an asthma-related project. Rainelle Elementary, an Asthma-Friendly School award recipient, will be part of this project.

Community Outreach and Education

The pilot project in Nicholas and Greenbrier Counties continues. A request was sent to youth groups for proposals to conduct projects related to asthma.

Barbour County F.R.E.E., the Mountaineer Boys and Girls Club and the Craigs-ville Girl Scout Troop have each been awarded \$500 toward these efforts.



Megan Moore, Lora Lipscomb and Cindy Keely-Wilson with WV Power Mascot

New App Manages Asthma

In the fight for managing asthma, researchers and patients now have a new tool in the form of an iPhone application, AsthmaMD.

The free application allows users to easily and quickly log their

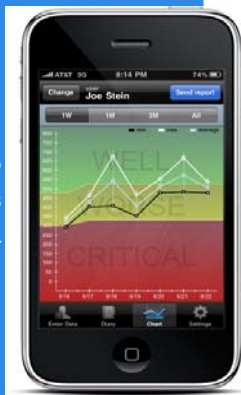
asthma activity, medications, and triggers in a diary to share with their physician.

There is hope that the gathering of anonymous asthma data (users must opt-in to be part of this research) will provide re-

searchers with unprecedented information about asthma.

AsthmaMD is available as a free download for iPhone/iPod users.

www.asthmamd.org



New App records asthma data.

WVAC Spring Meeting Review

The West Virginia Asthma Coalition's Spring Meeting was held in Bridgeport and attended by 23 members.

Cindy Keely-Wilson and Len Picha delivered opening remarks. Next on the agenda was Sharon Hill who led a discussion about data surveillance.

During the luncheon, subcommittees met to review their current projects.



Camp Director Sonny Hoskinson shared information about this year's Camp Catch Your Breath activities.

To join the WVAC, contact Megan Moore at mmoore@lunginfo.org

For complete meeting minutes www.wvasthma.org

For More information about Camp Catch Your Breath: <http://asthmacamp.uhcwv.org/>

Vacationing With Asthma



Whether you are heading off to the beach, the mountains, or perhaps even overseas, good preparation is vital for people with asthma. Following are a few good tips:

- √ Make sure your written Asthma Action Plan is up to date
- √ Visit your doctor to have an asthma check-up
- √ Carry extra medication as well as copies of all your prescriptions with you.
- √ If you use a nebulizer, check that there are appropriate power outlets
- √ Carry a letter from your doctor listing the medications you are taking and why. This may be useful in an emergency and for customs if you are travelling overseas
- √ Keep your medication and written Asthma Action Plan with you in your hand luggage whether you are traveling by plane, train or just by car.
- √ Plan your activities so that you know where and how to get help in an emergency. (Remember, people with asthma should not scuba dive)

www.asthma.org.au

“...several steps are needed to improve asthma control, including providing patients with individual treatment plans and using better tests to assess control.”

Asthma Not Controlled In Majority Of Patients

A survey of 1,812 patients with moderate-to-severe asthma revealed that the disease was not controlled in 55 percent, despite the fact that most had health insurance and visited their health care providers regularly.

Uncontrolled asthma has been associated with significant costs.

In 2003, reports show that asthma caused about 24.5 million missed days of work, 12.7 million office visits and 1.2 million ER visits.

More shocking was the finding that 38% those with controlled asthma and 54% of those with uncontrolled asthma reported that they had had an asthma

attack in which they feared for their life.

The authors said several steps are needed to improve asthma control, including providing patients with individual treatment plans and using better tests to assess control.

www.sciencedaily.com

Don't Let Allergies Keep You From the Garden

Summer is the time to be outside – and for many people that means getting out in the garden.

But certain plants and flowers can really put a damper on that “green thumb” if you’re not careful said Dr. Clifford Bassett, of the American Academy of Allergy, Asthma and Immunology.

“Stick to plants that smell and look nice,” Bassett said. “These are usually insect pollinated plants and are not ones that allergy sufferers have to worry about.”

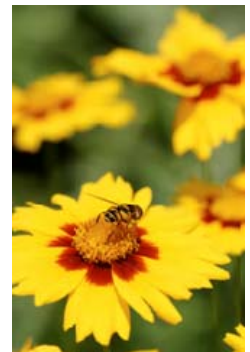
These include: Azaleas, begonias, bougainvilleas, cacti, daffodils, daisies, dahlias, gladiolas, Irish moss, irises, lilies, marigolds, orchid, pansies, petunias,

snapdragons, sunflowers, tulips, violets and zinnias.

“After yard work, leave your clothing outside of your bedroom, brush off shoes, and rinse off glasses,” Bassett said.

“Also, work in the garden on low-pollen days and limit your time to short intervals.”

www.foxnews.com/health





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laying the groundwork for tomorrow's communities

This Quarter's Success Story

Warm Springs Middle School in Berkeley Springs recently received an award as an Asthma Friendly School.

There are several measures for winning this award which include having an Asthma Action Plan on file for each student diagnosed with asthma.

For more information on the Asthma Friendly School award, please visit www.wvasthma.org



Breathe Well, Live Well

Become a facilitator for ALA's adult asthma self-management program. Endorsed by the WVAC and WV-AEPP. Contact Megan Moore for more information.

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Announcements

There are still mini-grants and stipends available for facilitators who instruct an Open Airways for Schools Workshop or Breathe Well, Live Well Workshop.

We would love to hear your input for next year's quarterly meetings. Where are some places you have enjoyed attending meetings? Suggestions?

For information about these announcements, e-mail Megan Moore at mmoore@lunginfo.org.

Save the Date!

July 10
Pack the Park for Public Health,
Appalachian Power Park

July 25-30
Camp Catch-Your-Breath,
Jackson's Mill

August 12-13
WVAC Annual Retreat,
The Resort at Glade Springs

WV-AEPP—OUR MISSION

The mission of the West Virginia Asthma Education and Prevention Program is to develop, implement, and evaluate a statewide strategic asthma plan in the interest of reducing the health and economic consequences attributed to asthma in West Virginia. Visit us at: www.wvasthma.org