


M.A. REPORT

A MONTHLY REPORT IN SUPPORT OF MOTHERS OF ASTHMATIC

M.A. REPORT: HELPING MOTHERS BREATHE EASIER



As the mother of a severely asthmatic and allergic daughter, I have discovered that mothers play an extremely important role in the management of their child's asthma.

What you don't know about asthma can hurt your child. What you do know will help. M.A. REPORT seeks to build your understanding of asthma, to encourage you and to actually assist in the practical management of this disease in your own home.

No matter how severe your child's asthma, there is no need to consider your child handicapped. M.A. REPORT seeks to free you and your child from the misconceptions and myths surrounding the disease.

Asthma is one disease where knowledge provides freedom, the freedom to get on with life, one breath at a time. It is my hope that M.A. REPORT will make breathing a little easier at your house.



TURKEY TIME IS HERE

**The holidays are all too soon upon us! The excitement of holiday preparations mounts daily, as does the list of things to do!

Unfortunately, holidays are also the time MOM's find themselves cradling their wee asthmatics in hospital emergency rooms.

Since asthma is no respecter of holidays, we've included some MOM TESTED TIPS for avoiding a hospital's version of Thanksgiving Dinner!

TIPS TO HELP AVOID HOLIDAY HOSPITALIZATION:

1. Insure your child, regardless of age, gets plenty of rest.
2. If visiting relatives, arrange for animals or other allergy triggers to be contained in a separate room.
3. If the family "Turkey Dinner" does not include foods your child can eat, don't forget to prepare something special that he or she can eat!




WHAT IS ASTHMA????

If you are the mother of an asthmatic, you already know what an asthma attack is, but, a medical definition of asthma remains illusive, even today!

It is a respiratory disease. During an attack, the airways become constricted. The mucous lining of the lungs swells, mucous plugs the airways and the wheezing begins. Coughing associated with an attack is the body's attempt to "unplug" the airways!

Attacks can be triggered by many things. Airborne pollutants or allergens, ingested foods, chemicals, drugs, fluctuating barometric pressure, temperature changes, odors, physical exercise, infection, and emotions to name only a few! (continued p.2)



WHEN YOU FINISH READING M.A. REPORT, PLEASE DON'T THROW IT AWAY! SHARE IT WITH A FRIEND, LEAVE IT AT YOUR DOCTOR'S OFFICE OR SAVE IT FOR FUTURE USE, BUT PLEASE, DON'T THROW IT AWAY!

- 4. Don't forget medications or vitamins to be administered on a regular basis. It's much harder to play "catch up" than it is to stay ahead of the game.
- 5. Don't allow your child to cheat on his or her diet!
- 6. Order medication refills before the holidays.
- 7. Keep fluid intake levels up!
- 8. Some pre-holiday clean up chores are best performed while your child is in another room; especially vacuuming (don't forget to change the bag often) and dusting (avoid feather dusters).

I hope your holidays are wheeze-free and healthy!

Do YOU have a helpful hint you'd like to share? Please write:



Mothers of Asthmatics
 Report
 c/o Mrs. Nancy Sander
 5316 Summit Dr.
 Fairfax, Va. 22030

UPCOMING ISSUES

- Twas the Night Before Christmas 1986 Allergy Tips Calendars- Where to get them!
- How Well Do You Know Your Medicine Chest?
- Exercise for the Asthmatic?
- How to Curb a Panic Attack

AND...

We want to hear from you! That's why we're going to devote MAIL BAG to our readers. Hopefully, you will write with questions and suggestions. Eventually, I'd like to see M.A.REPORT grow large enough to support freelance contributions. Please write today!

M.A. REPORT
 5316 Summit Dr.
 Fairfax, Va.
 22030

703-830-9320

But triggers don't cause asthma, they initiate or trigger the attack. The asthmatic is born with genetic information that tells the body it is asthmatic.

Today, there are many methods of treatment for asthmatics. There have been so many medical advances in the last ten years that the outlook for the future is brightly optimistic. Many researchers believe a CURE IS POSSIBLE WITHIN THE NEXT FIFTEEN YEARS!

Even with these advances, asthma remains a life threatening disease. It is estimated that 5000 people will die of asthma this year! It is in the best interest of millions, including the child you love, to support research programs such as the Asthma and Allergy Foundation and programs partially funded by government grant

It may be difficult to define asthma, but mothers know what they see in the suffering eyes of their children. And no definition is required.



RECIPES FOR PEOPLE WITH MULTIPLE FOOD ALLERGIES

Here's the answer to the "What can I feed my allergic child?" question. Recipes can be ordered in ANY COMBINATION of the following:

- (1)Celiac (2)Low Protein
- (3)No Salt Added (4)Egg Free
- (5)Milk Free (6)Wheat Free
- (7)Soy Free (8)No Sugar Added
- (9)Corn Free (10)Kosher
- (11)Gelatin Free (12)Low Potassium
- (13)No Preservatives Added and
- (14)No Vinegar, Alcohol or Yeast Added

Indicate by number, the criteria selected and the company will send the recipes from which you can order. Recipes are 10¢ each. The address:

RECIPE SELECTIONS
 ENER-G FOODS, INC.
 P.O. BOX 24723
 SEATTLE, WA. 98124-0723



KIDS CORNER

Circle the pictures that "trigger" your allergies.



THIS IS DEDICATED TO THE ONES I LOVE.....

Seven years ago this month, God blessed our family with a beautiful pink bundle. We named her Brooke.

In the weeks that followed, it became apparent that Brooke had multiple allergies. By the time she was eighteen months old, Brooke was diagnosed with asthma. Shots for allergies, asthmatic medications, hives, sleepless nights, stomach cramps, headaches, you name it, Brooke was bombarded by it all.

But we were blessed. Brooke's doctor never gave up in trying to control Brooke's asthma. Because of the severity of her asthma, Brooke was exposed to doctors and specialists considered pioneers in allergy and immunology.

Today, she is part of a drug study program that has freed her of dependence on an assortment of asthma drugs. Hopefully, this drug will be marketed within two years.

This issue of M.A. REPORT is dedicated to my daughter, Brooke, whose courage is never lacking, to my husband and three sons, whose support has made this endeavour possible, and to Brooke's doctors, whose patience and dedication will always be greatly appreciated.

Yes, this is dedicated to the ones I love.

Nancy Sander
Editor

SUBSCRIPTION INFORMATION

This is the very first issue of MOTHERS OF ASTHMATICS REPORT! Even though it is small, it is packed with as much information as can be typed onto these pages.

M.A. REPORT will be published 12 times a year, providing up-to-date information, recipes, suggestions, new products on the market and practical guidance for managing the asthmatic child.

READER CONTRIBUTIONS ARE ENCOURAGED!! Share your experiences or suggestions! Write MAIL BAG to comment on published articles. We want to hear from you!

Please note that M.A. REPORT does not prescribe treatment or medication EVER! We will not be held responsible for any action taken as a result of any article published. M.A. REPORT is well researched and useful for the support of mothers of asthmatics, but it cannot take the place of your child's doctor.

Sample copies are 80¢ each. Quantities of 15 or more, mailed to one address are offered at a reduced rate. (I realize all this information is boring, but hang in there, it's almost over...).

A year's subscription is \$8.00! Just fill out the form below and mail it with your check to:
M.A. REPORT
C/O Nancy Sander, Editor
5316 Summit Dr.
Fairfax, Va. 22030

Name _____

ADDRESS _____

ZIP _____

ORAL ACTIVATED CHARCOAL

KEEP THIS NEXT TO THE
IPECAC SYRUP ON YOUR
MEDICINE SHELF!!



Especially if your child takes theophylline drugs! According to a report in Annals of Allergy, March 1985, ORAL ACTIVATED CHARCOAL is useful in reducing theophylline levels IN CASES OF OVERDOSE!

AS ALWAYS, CONTACT YOUR PHYSICIAN OR POISON CONTROL CENTER BEFORE GIVING YOUR CHILD ANY MEDICATION!

WHAT'S YOUR ASTHMA AND ALLERGY I.Q.?

Answer true or false to the following statements. Answers will be in the next issue!

Asthmatics loose body fluids more rapidly during bouts with asthma.

1. (T) (F)

Asthma is a psychosomatic illness.

2. (T) (F)

A child with asthma can have pets with short hair.

3. (T) (F)

Asthmatics can control and manipulate others by bringing on an attack whenever they want.

4. (T) (F)

WORTH WRITING FOR:

The U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, NATIONAL INSTITUTES OF HEALTH has an excellent packet of information on asthma and allergies, free upon request. Be sure to ask for their book, Asthma and Allergies: An Optimistic Future.

NATIONAL INSTITUTES OF HEALTH
ALLERGY AND INFECTIOUS DISEASES
9000 ROCKVILLE PIKE
BETHESDA, MD. 20814

ASTHMA AND ALLERGY FOUNDATION OF AMERICA- Chapters for this progressive and active organization are located in many major cities across the country. They publish an informative newsletter, ADVANCE, free to members of the AAFA. They also have an assortment of publications available through the following address:



AAFA
Headquarters Office
1302 18th St. N.W.
Suite 303
Washington, D.C. 20036



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