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Defend your home
from allergens

Breathe free

Understanding
COPD

Take control

Year round asthma
management

**MEDIA
PLANET**

May 2012

RESPIRATORY HEALTH

YOUR
GUIDE
TO ALLERGIES,
ASTHMA, AND
RESPIRATORY
DISEASE

BREATHE EASY

Dancing With the Stars beauty Anna Trebunskaya
takes the lead over her asthma health



PHOTO: SONNY TONG



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CHALLENGES

Allergies, Asthma, and Respiratory Disease affect many. This report will give you the **tools to fight back.**

Breathe healthy

The statistics are staggering. Nearly 300 million people around the world suffer from asthma. Approximately 250,000 people die from the disease each year. The worst part is that most of these deaths are avoidable. Chronic Obstructive Pulmonary Disease (COPD), especially emphysema and chronic bronchitis, is the third leading cause of death in the United States and accounts for approximately \$50 billion in health care costs. Other respiratory diseases such as cystic fibrosis claim the lives of thousands of people prematurely.

Members of the American Academy of Allergy, Asthma & Immunology (AAAAI) devote their professional lives towards the understanding of how allergies, asthma and other respiratory diseases, immunologic disorders and related diseases

develop and how best to recognize and appropriately treat them. These are chronic conditions without cures. Yet, symptoms can often be controlled, health care dollars can be saved and people with asthma or other respiratory conditions can lead healthier lives. Proper diagnosis and effective disease management are essential; and we all have roles to play.

“...people with asthma or other respiratory conditions can lead healthier lives”

The first step is finding a physician who can accurately diagnose the problem. For instance, asthma can be hard to diagnose because many of the symptoms mirror other conditions. Many people suffer needlessly and spend thousands of dollars on medications before seeing a board certified allergist/immunologist who can perform lung function testing and other criti-

BEST TIP

Childhood Asthma

Teaching your child about asthma can make the difference between life and death in an emergency. A basic understanding helps children know when their symptoms are telling them that something is wrong. Make learning fun. Play the AAAAI's interactive games in the Just for Kids area of www.aaaai.org.



A. Wesley Burks, MD, FAAAAI
AAAAI President

cal diagnostic procedures. An allergist/immunologist is an internist or pediatrician with an additional two to three years of training in these disorders.

The second step is working with your physician to develop and manage a treatment plan. Last, but not least, is empowering patients through public education. That is why the AAAAI enthusiastically welcomes you to this supplement on respiratory diseases. We also encourage you to visit our website at www.aaaai.org for a wealth of information, the latest research and a directory of allergists/immunologists dedicated to helping you feel better and live better.

Within these pages you will find advice and encouragement. We hope this information is useful in helping you make healthy decisions for you and your families.

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WE RECOMMEND



Anna Trebunskaya
shares her uphill battle with asthma

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NEWS

Care about your air

As a child, Anna Trebunskaya of “Dancing with the Stars” was nearly forced to sacrifice her flourishing career as a dancer due to her struggle with asthma.

Her family found that one of the most serious factors contributing to the severity of her condition was the air quality in the industrial Russian city where she was raised until age 17.

Anna explains that her family moved her to the U.S. to improve her health and quality of life, “The air quality was comparatively much better; it became much

easier to manage my asthma,” says Trebunskaya.

Whether fighting allergies or suffering from asthma, air quality is an important factor in maintaining allergic and respiratory health.

The first step in controlling asthma is for patients to take their

medication as directed by their physician. At the same time, people with allergies and allergic asthma should make every effort to avoid allergens that trigger symptoms. This often includes managing their environment and air quality.

While it can be quite difficult

to control outdoor surroundings, controlling the quality of air within the home can be helpful. Especially for those families coping with a pet allergy, the AAAAI suggests using a HEPA air purifier or air filter, keeping pets out of bedrooms, bathing pets regularly, and choosing carpet-free flooring whenever possible.

From tabletop air purifiers to integrated whole-home air purification systems, an air purifier can help control the quality of your indoor air, as well as act as a valuable tool in eliminating certain triggers which can induce allergic symptoms.



“The air quality was comparatively much better; it became much easier to manage my asthma”

Anna Trebunskaya
PHOTO: SXC.HU

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NEWS IN BRIEF

Pollen: the uninvited guest

■ Pollen are tiny cells that can cause big problems for people with hay fever or allergic asthma. Pollen counts are typically lowest on rainy, cloudy or windless days. You can subscribe to emails that alert you to pollen counts in your area at www.aaaai.org/nab

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1. Air change per hour values differ by air purifier unit and room size.
2. Based on 11/10 AGS survey results reporting 124 out of 172 (72%) of surveyed Allergists that recommend an air purifier to their patients, recommend "Honeywell" air purifiers.
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INSPIRATION

Question: What has been “Dancing With the Stars” pro Anna Trebunskaya’s biggest challenge?

Answer: Hint – It’s not the Cha-Cha.

Overcoming Asthma



Keep Dancing! Anna Trebunskaya keeps dancing, and keeps breathing. PHOTO: SONNY TONG

Watching Anna Trebunskaya move is a thing of real beauty.

As one of the professional dancers on ABC’s “Dancing With the Stars,” she has consistently wowed audiences with her stunning good looks, grace and elegance, dancing alongside Super Bowl Champs Jerry Rice and Kurt Warner, boxing legend Sugar Ray Leonard, Olympic Gold Medalist Evan Lysacek, and more.

But becoming a dancing sensation on one of America’s most popular shows almost didn’t happen for the Russian-born Trebunskaya due

to a respiratory condition.

“I was diagnosed with asthma when I was three,” said Trebunskaya.

“There was a moment when I was 10-11 when it was so bad I would spend three to four months out of the year in the hospital, and I was about to quit dancing,” she said.

Anna clearly was not getting the appropriate medical care to manage her asthma and control her symptoms.

Luckily for “DWTS” fans, her mother, a professional dancer who moved Anna’s family to the U.S. in 1998, urged her not to give up her

dreams because of her respiratory condition.

“She told me ‘If you love it you have to do it. You may not be able to go to the extremes you want to, and it might take you longer to do it, but if you’re persistent, you’ll get there,’” said Trebunskaya.

Not only did she persist in following her dreams, but dancing became an important part of her asthma management plan. This has actually made it easier for Anna to reduce asthma flare-ups.

“The exercise I get from dancing has really built my stamina and lung capacity. I think if you have

asthma, finding the right exercise for you can really help. Don’t go become a vegetable,” suggests Trebunskaya.

Ultimately, she claims the commitment and perseverance it took to overcome asthma helped make her the person she is today.

“Having asthma really taught me about how precious the time we have can be. It taught me to enjoy every single moment where I am able to breathe and to do the thing that I love, which is dancing.”

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Anna’s Favorite DWTS Partners

Carson Kressley:

“He wasn’t necessarily the best dancer on the show, but he was the most fun to work with. We really bonded on the set.”

Evan Lysacek:

“He was definitely the best dancer I worked with.”

NEWS

Living with COPD

■ **Question:** Is there a cure for COPD?

■ **Answer:** No, but the right treatment, medication and lifestyle changes can help you live a fulfilling and productive life.

Chronic Obstructive Pulmonary Disease (COPD) is a group of lung diseases, including emphysema and chronic bronchitis that block airflow to the lungs. Sufferers of the often life-threatening disease frequently experience a daily morning cough that produces phlegm. Other symptoms include frequent coughing, shortness of breath, fatigue and frequent respiratory infections.

Long-term cigarette smoking is

the primary cause of COPD. Additionally, smokers are more likely to suffer from a combination of COPD and asthma.

Some of the symptoms of COPD can be similar to asthma, but the treatments can differ, so it's important to get an accurate diagnosis from an allergist/immunologist or other specialist trained to diagnose this condition.

While in some cases COPD can be a slow, creeping nuisance that slowly impedes your quality of life, in many cases it evolves into a debilitating condition requiring the daily administration of oxygen at home. The differing speeds at which COPD strikes shows the need to diagnose accurately.

Building a productive life with COPD

With the right diagnosis, treatment and lifestyle changes, a mobile and productive life is possible.

According to the AAAAI, the most frequent treatments for COPD include bronchodilators to help relax the muscles around the airways, inhaled corticosteroids, and antibiotics during infection-induced flare-ups. Of course, stopping smoking is also very important.

While these treatments can be effective, for some people, a steady supply of oxygen is the only way to be able to cope with the effects of lung disease. In this case, your doctor will likely prescribe oxygen therapy.

In the past, that meant literally lugging around a supply of oxygen tanks or staying at home because of the constant concern with running out of oxygen.

Now, new technology such as portable oxygen concentrators can eliminate the burden of traditional oxygen therapy. These small, portable oxygen concentrators make their own oxygen from room air, eliminating the worry of running out of oxygen.

With the right treatment and the latest in medical technology, most COPD sufferers can still enjoy their freedom and independence, leading positive and productive lives.

RICHARD SHARP

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Important differences between COPD and Asthma

■ Daily morning cough with phlegm is frequent with COPD. More common with asthma is wheezing and chest tightness especially at night. COPD most commonly occurs in smokers, while asthma occurs in smokers and non-smokers. Asthmatics frequently have hay fever or eczema. See your doctor (e.g. allergist/immunologist) for accurate diagnosis and treatment.

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INSPIRATION

5 TIPS

Ways to monitor your asthma

Regular monitoring of lung function and symptoms in daily settings will help improve asthma control.

- Diary of symptoms, events and medication use
- Peak Flow Meter (PFM)
- Spirometer
- Acoustic Respiratory Monitoring (ARM) device
- Smartphone app for asthma management

LYNN TAUSSIG, MD

Special Advisor to Provost for Life Sciences, University of Denver

Former President & CEO of National Jewish Medical and Research Center

New therapies give optimism to cystic fibrosis patients

When raising a child with cystic fibrosis, says Laura Tapper, “the child has to see that you’re positive. As long as you’re in this race to win, you have to focus on what’s possible, and you have to give it 100%.”

Tapper is the strong, inspirational mother of nine-year-old Paul, who was born with cystic fibrosis, a genetic disease that causes thick, sticky mucus build-up in the lungs, digestive tract, and other areas. It is a

rare, debilitating and ultimately deadly condition that affects over 30,000 children in the U.S. every year.

Surviving with cystic fibrosis has, to this point, required regular chest physical therapy (CPT), a rigorous manual method of loosening mucus from air passageways.

While CPT can be effective, patients are beginning to embrace other newer methods of treatment, like an inflatable vest connected by air hoses to an air pulse generator that inflates and deflates rapidly, applying

gentle pressure to the chest wall.

Using a technology called High Frequency Chest Wall Oscillation (HCWO), the system offers patients a more comfortable option than traditional CPT therapies when they’re at home. The system does not require special positioning or breathing techniques and typically takes only 15-20 minutes.

For Paul, another new treatment called Vibratory Positive Expiratory Pressure (PEP) allows him to get the breathing relief he needs in a mobile format with a new therapeutic device

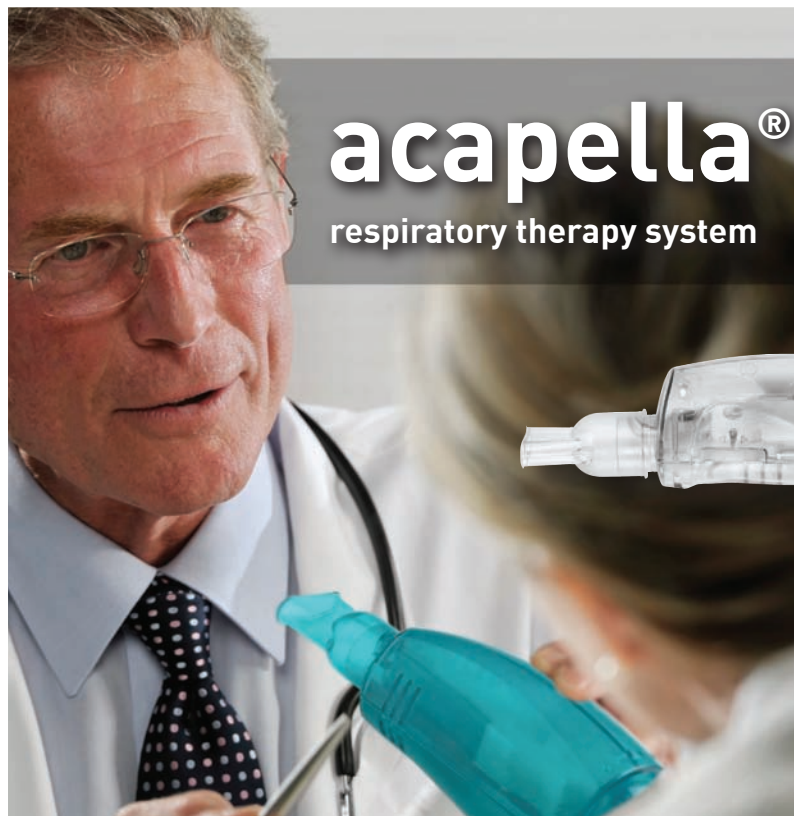
that fits in the palm of his hand.

“All of sudden he has a new lease on life. He gets to be active. He can do this in ten minutes, and still gets to have recess,” says Tapper.

For many the combination of both the HCWO and the PEP treatments can be effective. As Paul’s mother reminds us, “Faith and effort and pushing your child to have a positive attitude has everything to do with the outcome.”

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NEWS

Identifying the enemy within

Asthma rarely strikes alone. According to the American Academy of Allergy, Asthma & Immunology (AAAAI), the majority of people with asthma also suffer from one or more allergies. These allergies are quick to trigger asthma flare-ups, making asthma management more difficult. To complicate matters, some symptoms of asthma are similar to those of other respiratory conditions such as emphysema or even a nagging cold.

Yet, left untreated or not well controlled, asthma can be a very serious enemy.

Accurate diagnosis

“Episodes of wheezing, coughing or tightness in the chest are symptoms of many respiratory conditions,” according to AAAAI Website Medical Editor Thanai Pongdee, MD. “An allergist/immunologist has specialized training to accurately determine the cause, which leads to effective treatment.”

Your doctor will ask questions about your health history and perform a physical examination. Your visit may include allergy testing if warranted. It should include breathing tests to see how well your lungs are functioning.

Prior to a visit with your doctor, it is important to track if some-

thing in particular triggers your symptoms. Common allergy-related triggers include pollen, pet dander, dust mites or mold. If an allergy causes asthma symptoms the condition is called allergic asthma.

Managing asthma

The exact causes of asthma flare-ups vary from person to person and so do the treatment strategies. That is why you and your doctor will develop a personalized asthma management plan. For those with allergic asthma, avoiding the allergens that trigger symptoms will be included in an asthma management plan.

Since asthma is a chronic dis-

ease, controlling it requires ongoing management. Your doctor will prescribe one or a combination of quick relief and long-term controller medications. It is important to take these medications exactly as the doctor prescribed.

“Too often, people with asthma begin to feel better and decide to stop taking their medication. This is a big mistake. If you have asthma, your airways are always inflamed. The medication is helping to keep the airways from becoming even more swollen. That is why they are feeling better,” Pongdee explained.

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NEWS IN BRIEF

Asthma action plan

■ Developing a personalized asthma action plan helps you and your doctor know when your asthma is under control, when your asthma is getting worse, and when you need to seek immediate help.

■ Is your asthma under control? Experts discuss this and other asthma topics in videos at www.aaaai.org

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