

March 2014

**Deadline Approaching for Certificants  
Whose Credentials Have Expired:  
July 31, 2014**

**Reminder:**

- July 31, 2014, is the deadline for recertifying by Continuing Education credits if your AE-C credential has expired.
- A certificant whose credentials have expired (or are about to expire) must submit all required forms, including documentation of 35 continuing education units pertaining to asthma, before the deadline of July 31, 2014, in order to be considered for recertification by continuing education units.
- **After July 31, 2014, any certificant whose credentials are currently expired will need to recertify by examination only.**

**Having a Seis de Mayo Party?**

Jack Stephen Barnette, AE-C

About 90% of the Great Lakes are frozen over. Looking down on Lake Michigan from the air, one can easily imagine polar bears frolicking among the ice floes. It has been a very tough winter all across the nation, from the droughts in the west, to the ice storms in Atlanta, to the polar vortex hovering around the upper Midwest. My unproven theory is that the frozen Great Lakes will act like gigantic ice cubes in our collective iced tea, and will keep things cool around here for the foreseeable future. Is it so wrong to be praying for 33 degree weather? In Chicago, the course of true winter never did run smooth - except for the ice on our sidewalks.

This year the spring equinox will come a little after noon, eastern time on March 20. Then will arrive the rite of spring, birds will be singing and the flowers, grass, weeds, and trees will blooming and spreading pollen throughout creation. If love is in the air, so will pollen of every description, and mold spores by the thousands. Allergy season will be upon us and the circle of life will continue. Keep those tissues handy, see your allergist as needed, and keep that asthma under control. The merry month of May will be just around the corner and as you are no doubt aware, May is **Asthma Awareness Month**.

The sixth of May is **World Asthma Day**. World Asthma Day is an annual event organized by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day 2014 will take place on Tuesday, May 6, 2014, around the theme "You Can Control Your Asthma." As big a fan as I am of Cinco de Mayo, this year I'm saving my celebration for the Seis de Mayo. Asthma is often poorly controlled in many communities throughout our country, and in numerous locations around the world. Perhaps our most important mission as asthma educators is to help people get their symptoms under control, and to help them live more productive, healthful, and joyful lives. Getting asthma under control is often easier said than done. The hard work of asthma educators and other dedicated health professional can make a significant difference in the lives of our patients and our communities. Keep up the good work, and don't forget to celebrate (Margaritas optional) our successes on May sixth.

### **Which asthma drugs, dosages work best for African Americans?**

The University of Illinois at Chicago has received funding from the National Institutes of Health to determine what combination and dosages of asthma medications works best to manage asthma in

African Americans, who suffer much higher rates of serious asthma attacks, hospitalizations and asthma-related deaths than do white patients. Inhaled corticosteroids reduce inflammation and help control asthma in the long term, while long-acting beta agonists relax tight airway muscles. This study will compare multiple combinations of these medications and different dosing regimens to determine which works best for African American patients. The trial will also evaluate how genes may affect treatment response. According to the U.S. Department of Health and Human Services, African Americans are 20 percent more likely to have asthma than non-Hispanic whites. Chicago has a high incidence of asthma because of its large African American population. - See more at:

<http://news.uic.edu/which-asthma-drugs-dosages-work-best-for-african-americans#sthash.d1VHwhFI.dpuf>

### **Prevalence of Allergies the Same, Regardless of Where You Live**

In the largest, most comprehensive, nationwide study to examine the prevalence of allergies from early childhood to old age, scientists from the National Institutes of Health report that allergy prevalence is the same across different regions of the United States, except in children 5 years and younger.

"Before this study, if you would have asked 10 allergy specialists if allergy prevalence varied depending on where people live, all 10 of them would have said yes, because allergen exposures tend to be more common in certain regions of the U.S.," said Darryl Zeldin, M.D., scientific director of the National Institute of Environmental Health Sciences (NIEHS), part of NIH. "This study suggests that people prone to developing allergies are going to develop an allergy to whatever is in their environment. It's what people become allergic to that differs."

Although the study found that the overall prevalence of allergies did not differ between regions, researchers discovered that one group of participants did exhibit a regional response to allergens. Among children aged 1-5, those from the southern U.S. displayed a higher prevalence of allergies than their peers living in other U.S. regions. These southern states included Texas, Oklahoma, Louisiana, Arkansas, Tennessee, Kentucky, Mississippi, Alabama, Georgia, West Virginia, Virginia, North Carolina, South Carolina, and Florida.

<http://www.niehs.nih.gov>

**The 2nd Annual Indiana Statewide Asthma Conference**

The Indiana Joint Asthma Coalition will be holding its second annual meeting on Tuesday May 13 in Greenwood, Indiana. This year's themes will be "Managing Asthma while Living and Learning." For additional information contact:

<http://www.injac.org/>

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## Promoting Excellence in Asthma Education

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