

**August 2014**

**Deadline Approaching for Certificants  
Whose Credentials Have Expired:  
Extended to August 31, 2014**

**Reminder:**

**The NAECB Board recently voted to extend the deadline (grace period) to August 31, 2014, as the final deadline for recertifying by Continuing Education credits if your AE-C credential has expired.**

Those attending the Association of Asthma Educators (AAE) Conference in San Antonio in early August will be able to apply the CEUs from that meeting towards recertification, if they are asthma-specific and are topics found either in the NAECEB's Detailed Content Outline (DCO) or the NAEPP Expert Panel Report-3 (EPR-3).

A certificant whose credentials have expired (or are about to expire) must submit all required forms, including documentation (e.g., copies of certificates) of 35 continuing education units pertaining to asthma, before the deadline of August 31, 2014, in order to be considered for recertification by continuing education units.

**After August 31, 2014, any certificant whose credentials are currently expired will need to recertify by examination only.**

### **Arizona Asthma Coalition Clinical Conference**

**Saturday, September 20, 2014**

The Arizona Asthma Coalition will hold its 8th annual conference on Saturday, September 20, 2014, from 8 a.m to 4 p.m. at the University of Phoenix, Tempe Campus. The theme of the conference is "Asthma and Allergy: Wheezing and

Sneezing in the Desert." The conference will explore the relationship of allergy and asthma.

### **August**

This past week, Doctor Jesse L. Steinfeld died at the age of 87. Dr. Steinfeld was the Surgeon General of the United States in the Nixon administration. Dr. Steinfeld spoke out strongly against cigarette smoking and the health impacts of second-hand smoke. The tobacco industry lobbied for his dismissal. After Nixon's re-election in November, 1972, the President did not reappoint him to the post of surgeon general.

It has been estimated that in the year 2025, only 11 years from now, there will still be between 1.5 and 1.9 billion people still smoking cigarettes. Smoking rates in the U.S. dropped in half from 1965 to 2006 - from 42% down to 20.8%. As of 2014, 18.1% of Americans are regular smokers. In China, 60% of the men smoke cigarettes; in Russia, nearly 70% of the men still smoke.

Dr. Steinfeld achieved great progress in his life and has left us with an important legacy, but we still have a long way to go, baby. Cancer patients shouldn't smoke, diabetes patients shouldn't smoke, people with asthma shouldn't smoke, and the

plain fact is...no one should smoke. Like Dr. Martin Luther King, Dr. Steinfeld also "had a dream." Let's all work toward that dream of a smoke-free world.

### **Grandmaternal Smoking Patterns Could Affect Asthma in Grandchildren**

A study published in Chest made a connection between a father's prenatal exposure to smoke and a child's likelihood to have asthma. Researchers found that when looking at the children of women and men who had been exposed to cigarette smoke in utero, a child was at an increased risk of asthma based on the father's prenatal exposure and if the mother was not a smoker. When the offspring were girls, the evidence was stronger.

### **Sometimes it's What You Think You Smell That Can Cause the Problem**

New research from the Monell Chemical Senses Center in Philadelphia reveals that simply believing that an odor is potentially harmful can increase airway inflammation in individuals with asthma. People with asthma are often anxious about scents and fragrances. When we expect that an odor is harmful, sometimes our bodies react as if that odor is indeed harmful. There are many different types of asthma triggers, including pollen, dust, irritating chemicals, and other allergens. Strong emotions and stress also can act to trigger asthma symptoms. Many health organizations list scents and fragrances as asthma triggers, leading patients to

become anxious when exposed to environmental odors. Because asthma has no cure, it is important for individuals with the disease to understand how to manage their symptoms in order to prevent asthma flares.

### **Vaccine for Dust-mite Allergies Created**

Researchers at the University of Iowa have developed a vaccine for dust-mite allergies, researchers report. "What is new about this is we have developed a vaccine against dust-mite allergens that hasn't been used before," said Aliasger Salem, professor in pharmaceutical sciences at the UI and corresponding author on the paper. Dust mites are tiny (microscopic) arachnids which are found in 84% of households in the United States. This work suggests a way forward to alleviate mite-induced asthma in allergy sufferers. "FDA final approval may still be pending on this therapy, for more information contact Aliasger Salem, professor in pharmaceutical sciences at the University of Iowa."

### **New Guidelines Help Keep Asthma Out of "Yellow Zone"**

New guidelines to assist patients in recognizing and treating acute loss of asthma control have been developed by the American College of Allergy, Asthma, and Immunology. "Management of acute loss of asthma control in the yellow zone: a practice parameter," was published in the August issue of the *Annals of Allergy*,

Asthma, and Immunology, the scientific publication of the American College of Allergy, Asthma and Immunology (ACAAI).

**Childhood Asthma Incidence Rises With Diagnoses Occurring Earlier**

Data from a Canadian study published in the Journal of Allergy and Clinical Immunology found that there was a significant increase in overall asthma incidence and a decrease in age at diagnosis in children under 8 years old. The results suggested significantly increased burden of asthma among the preschool age group and concluded that future research aimed at primary prevention should focus on identifying asthma-causing exposures within the first 3 years of life.

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## Promoting Excellence in Asthma Education

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