

July 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 NAECB'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.

Infant Exposure to Allergens May Help Prevent Wheezing

Exposure to certain allergens and bacteria within the first year of life may protect children from wheezing and allergies. The study's findings suggest potential strategies for preventing asthma. Risk factors for developing asthma include recurrent wheezing in early childhood and sensitivity to some types of common allergens, such as cockroach and mouse. On the other hand, studies suggest that exposure to certain microbes early in life may protect against allergies and asthma. "What this tells us is that not only are many of our immune responses shaped in the first year of life, but also that certain bacteria and allergens play an important role in stimulating and training the immune system to behave a certain way," says principal investigator Dr. Robert Wood of Johns Hopkins University School of Medicine.

JULY

J.S. Barnette, AE-C

July, the Seventh Month of the year, is named after the Roman General and Emperor Julius Caesar. When I think of the name I am always a little surprised how much the Roman Empire and the Latin Language still impact us today. I sometimes wonder how much our current American "civilization" will influence the world two thousand years from now. I suspect that the Kim Kardashians and Justin Biebers (Yes, I realize he's Canadian) of our society will be long forgotten. On the other hand, I don't mean to diminish any of the great achievements of the "American Century." We have achieved some pretty great things - large and small - over the past couple of hundred years. Getting people to the moon and back safely is really quite mind blowing if you think about it. In Chicago they reversed the flow of the Chicago River (it seemed like a crazy idea at the time), keeping sewage out of Lake Michigan, and while the lake's waters may not be pristine at least they are a lot cleaner than they would have been. We have achieved many great things, but in some areas we still have a long way to go.

Asthma and smoking rates are still too high. Food and respiratory allergies seem to be on the rise too. If we could eliminate (easier said than done) tobacco smoking and radon from our homes, lung cancer and all the COPD related would become rare diseases. Lung cancer is the number one cancer killer. If we can put a man on the moon, we can certainly reduce lung cancer deaths by 80 or 90% with a little serious effort. We may not be able to "cure" asthma, but we can absolutely impact and improve the health and quality of life for millions who suffer from this condition. Let's be remembered for that. What are we waiting for?

Breathe easy, but don't miss the Fourth of July

"Summer is filled with fun festivities, but allergy and asthma sufferers need to be aware of the triggers which can sometimes ruin their good time," said allergist Michael Foggs, MD, ACAAI president. "Working with an allergist who can arm you with knowledge about possible risks, and how to handle them, means getting back to all the outdoor activities, family reunions, camping and swimming that people love about summer."

Fireworks, Campfires and Asthma Don't Mix: Keeping an eye on the weather and knowing how changes might affect your asthma will go a long way towards helping you enjoy the summer season. Consider indoor activities and exercise on hot, high pollen and humid days and watch out for "ozone alert" days, when your lungs need to work even harder.

Annual Report

We are pleased to share the NAECB's 2013 Annual Report, providing an overview of the initiatives and activities that NAECB launched or completed this past year, fulfilling our mission *Promoting Excellence in Asthma Education*. Here is the link:

[NAECB 2013 Annual Report](#)

NAECB Newsletter Editors:

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Promoting Excellence in Asthma Education

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