

Breathing Easier®



Asthma and Allergy
Foundation of America®
MARYLAND, GREATER DC CHAPTER

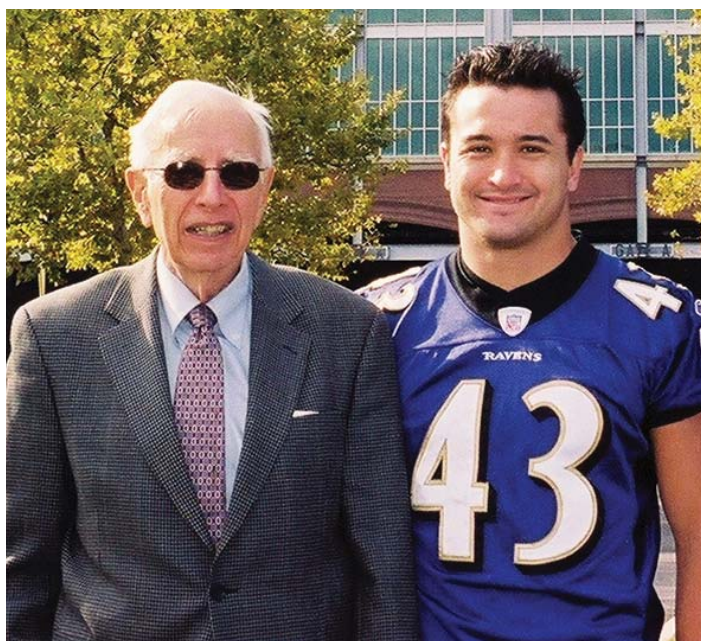
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Ravens Rookie Haruki Nakamura: No Rookie When it Comes To Asthma

On average, 1 in 15 young athletes has asthma, many without their coaches knowing it.

Though coaches are required to take CPR and First Aide training, there is no requirement to learn about how this chronic disease can affect their players and what to do about an asthma attack on the field.

The "Winning with Asthma—Coach's Clipboard Program," provides a free online class complete with a 30 minute video, pre and post test, and for those who provide their contact information, a special coach's clipboard and information booklet on asthma by mail. The



program is funded by the National Lt. Governors Association through a grant from AstraZeneca.

AAFA MD-DC Chapter is charged with fulfillment and logistics functions for the program, which are accessible at: www.aafa-md.org, and at the Lt Governor's or DHMH websites. The program was created by the Minnesota and Utah Departments of Health and features coaches from the MN Vikings, Utah Jazz and other teams. The Chapter hopes to reach all volunteer coaches in the state, as well as school and recreation department coaches.

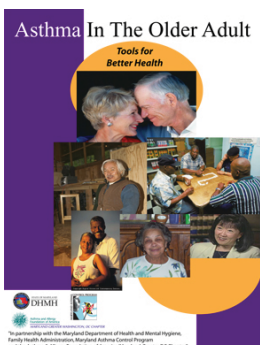
Haruki Nakamura (right) had many hospital stays as a child and carries an inhaler with him to this day. L – Dr. Phil Norman, Chapter Founder; R – Coverage of the press conference on 10-21-2008 can be found at www.aafa-md.org

"Asthma in the Older Adult: Tools for Better Health" Workshops at Assisted Living Facilities & Senior Centers

The Department of Health & Mental Hygiene (DHMH) provided second-year funding to enable the Maryland-DC Chapter to expand the "Asthma in the Older Adult: A Toolkit for Better Health" resource book developed last year, into an educational presentation about the special needs of older adults with asthma. As part of the statewide pilot, trainers were trained and workshops were provided at assisted living and

senior center facilities. Audiences included site staff, caregivers and patients.

Since the phenomenon of onset of asthma symptoms has increased in recent years, the need for this type of workshop is expected to increase. If you would like a presentation in your community, please contact the Chapter office.



LOG ON TO THE CHAPTER WEBSITE



New & Improved www.aafa-md.org

- Download Free Resources
- Visit the On-Line Shop
- Read Asthma & Allergy Basics
- Find a Specialist
- Make a Donation
- Get Involved

SUPPORT the AAFA Maryland/Greater DC Chapter Through Your Workplace

Work Place Campaign Codes by Campaign 2008-2009	
CAMPAIGN	CVC CODE
United Way of the National Capitol Area	8751
United Way of Central Maryland	019
United Way of Charles County	AAFAMD
Allegany County	33
Combined Federal Campaigns	34216
Frederick PRIVATE	33
Frederick County/City	0506
Southern MD/STM Cal	33
Washington County	33
Virginia Commonwealth	8061

AAFA's Core Program "Asthma & Allergy ESSENTIALS for Child Care Providers"

Now Re-Tooled for School Staff



A program originally created by the MD-DC Chapter, and subsequently offered nationwide by National AAFA chapters through a 5-year EPA grant, has been re-tooled to address the specific needs of teachers, school nurses, and other staff who work in schools.

Since 1 in 15 children on average has asthma, and a far greater number suffer from allergies, school personnel need instruction on the nature of these chronic conditions. The workshop includes information on: emergency protocols; medications and treatments; environmental triggers; prevention strategies; and, general 'best practices' to use in the classroom and school setting.

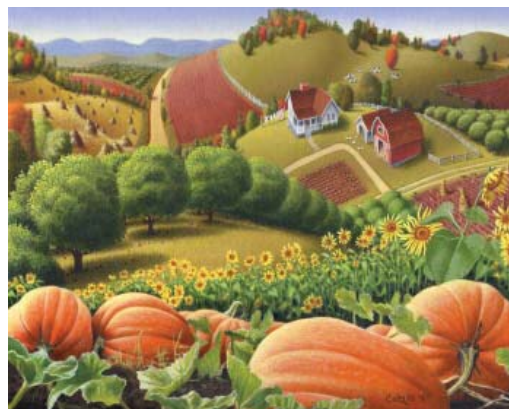
Essentials for Child Care Providers and Essentials for School Personnel workshops are eligible for in-service continuing education hours and can be 1.5 or 3.0 hours in length depending on the group.

TRANSITION TO NEW HFA INHALERS NOW! *Eliminating CFC-Albuterol by December 31, 2008*

In the modern history of medicine, therapeutic agents have been recalled, removed or banned for many reasons. A very atypical withdrawal becomes final on December 31, 2008, which will be the last day of sale, transfer or even gifting of CFC-containing albuterol MDIs. According to the Director of Respiratory Division of the FDA, Dr. Badrul Chowdhury this is the first time that an effective medication has been removed from the market in the USA for an environmental issue. Clearly the Montreal Protocol with its 191 signatory nations has made clear that these benefits accrued by stopping chemicals that deplete the ozone layer outweighs the many problems and inconveniences and costs of changing the propellants to non-CFC products.

Here are some particular issues that will accompany this transition:

- **Price Escalations for New Drugs**
Since all 4 new products are branded and the generics (which are typically less expensive), will no longer be available after 12/31/08 (or sooner as supplies dwindle), the cost to patients will greatly increase (in some cases, triple), even for co-pays. Some drug companies are offering discount cards through doctor's offices.
 - **Drug Substitution and Pharmacy Costing 'Tiers'**
Various health plans may have placed some patients' preferred branded inhaler on a higher priced tier. The associated problem is that some pharmacies substitute among the 4 HFA albuterol products and may fill a prescription with one brand initially, but with another brand when refilled (all depending upon the prices the pharmacies have to pay suppliers). Patients need to be aware of substitutions not just due to price but also because priming protocols differ between drugs.
 - **Priming Protocols Vary**
How each of the new pumps are primed, differs. If a prescription is changed, the patient has to 'relearn' the new inhaler. Failure to do so can result in not getting enough medication or (in some cases) overdosing.
- SEE THE PRIMING & CLEANING TABLE FOR ALL FOUR NEW INHALERS at: www.aafa-md.org
- Click "Transition Now!" For information in both English & Spanish.



The Asthma & Allergy Foundation, MD-DC Chapter participates in community health fairs and offers workshops and presentations for various audiences throughout the year. A Health Fair Request Form can be found at www.aafa-md.org (click on Programs and Services, download form, fax or email in your request).

Requests for workshops or speakers can be made by calling the AAFA MD-DC Chapter office: (410)484-2054.