

July 12, 2018

The Pennsylvania Asthma Partnership is a collaboration between the American Lung Association in Pennsylvania and the Pennsylvania Department of Health. This collaboration is funded by the Pennsylvania Department of Health through a cooperative agreement with the Centers for Disease Control and Prevention.

In This Issue

[Asthma and Nutrition: How Food Affects Your Lungs](#)

[Asthma in the Summer](#)

[What if You're Allergic to Grass?](#)

[Continuing Education Opportunity: Asthma Educator Institute](#)

[Regional Opportunities!](#)

[Asthma and Nutrition: How Food Affects Your Lungs](#)



It's no secret that a well-balanced diet keeps the body and mind strong and healthy. Eating the right foods and nutrients can give us energy to stay active throughout the day, supports our immune system and improve our health—even our lung health!

The right nutrients in your diet can help you breathe easier, and in some cases, help minimize asthma symptoms. While there's no specific diet recommendation for asthma, there are some foods and nutrients that may help support lung function and reduce asthma symptoms.

[Asthma in the Summer](#)

Quick Links

[Join PAP](#)

[About PAP](#)

[Resources](#)

[Asthma 101](#)

[Coaches Clipboard](#)

[Open Airways For Schools](#)

[Asthma Management Plan](#)

[Course Sites](#)

[Contact Us](#)



Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA



PA Department of Health





Our Sponsors



It's important to keep asthma under control year-round and summer is no exception. But summer fun doesn't have to be a bust for kids with asthma. With some planning and strategies, all kinds of activities are possible as long as your child sticks to their treatment plan and avoids triggers.

What If You're Allergic to Grass? 10 Steps to Managing Grass Pollen Allergy

PREVENT ALLERGIC REACTIONS TO GRASS POLLEN

TIP 1

Limit time outside when pollen is high. Check your local forecast and pollen count every day. On high grass pollen count days, plan indoor activities like watching a movie.

aafa.org

Grasses are one of the most common causes of allergy. Each year, plants (including grasses) release tiny pollen grains to fertilize other plants of the same species. Unfortunately for people with grass allergies, this pollen triggers allergic reactions. Symptoms of a grass pollen allergy include:

- Runny nose
- Sneezing
- Itchy nose, eyes, ears and mouth
- Stuffy nose (nasal congestion)
- Red and watery eyes
- Swelling around the eyes

You may not see the grass pollen in the air, but your body can react to even small amounts.

Read More [HERE!](#)

Continuing Education Opportunity: Asthma Educator Institute

Join Your Local American Lung Association Asthma Educator Institute

October 18-19, 2018
Berks County Community Foundation
237 Court St., Reading, PA 19601
\$350 registration fee
For more information, contact Shelly Cree at shelly.cree@lung.org

"My objectives were thoroughly met. My knowledge of asthma management was increased. It uncovered my weaknesses and misconceptions and prepared me for the national exam."

The conference aligns with the National Asthma Educator Certification Board's (NAECB) Candidate Handbook and includes case reviews, hands-on skills demonstrations and practice.

The Asthma Educator Institute™ (AEI) is a two-day preparatory course for individuals who want to implement asthma guidelines-based care and those qualified to take the National Asthma Educator Certification Board (NAECB) examination.

AEI is a professional education course that targets frontline healthcare professionals, such as: nurses, nurse practitioners, respiratory therapists, physicians, physician assistants, pharmacists, other licensed or credentialed healthcare professionals, and educators with 1000+ direct hours of asthma education who are eligible to take the national asthma certification exam. In addition, the course is a great refresher for AE-C's preparing for recertification.

take the national asthma certification exam. In addition, the course is a great refresher for AE-C's preparing for recertification.

EVENT DETAILS:
October 18-19, 2018
Berks County Community Foundation

237 Court St., Reading, PA 19601
\$350 registration fee
For more information, contact
Shelly Cree at shelly.cree@lung.org

Regional Opportunities!



WESTERN REGION

- Open Airways For Schools (OAS) Facilitator Training: [Pittsburgh, PA July 26, 2018; 9-11:30AM](#)
- LUNG FORCE Walk/Run: [Pittsburgh, PA-October 27, 2018](#)

CENTRAL REGION

- LUNG FORCE Walk/Run: [Harrisburg, PA- November 3, 2018](#)

EASTERN REGION

- CAPP Asthma Disparities Summit: Philadelphia, PA- October 17, 2018

If you have an event you would like to share or promote to PA Asthma Partnership members, please email Shelly at Shelly.Cree@lung.org!

We thank you for your continued participation in the Pennsylvania Asthma Partnership and dedication to supporting Pennsylvanians with asthma across the Commonwealth.

Sincerely,

**John Keith
Program Manager
PA Asthma Partnership**