

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.

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Controlling Your Asthma During the Holidays



Before you start roasting chestnuts on an open fire, if you have asthma, take extra precaution when planning your holiday fun. The hustle and bustle of the holiday season can take daily asthma management practices off track, such as taking daily controller medicines and avoiding sick people and asthma triggers. Not to mention travel, gift buying, and other holiday activities like sitting around the fireplace. We want to make sure you enjoy your family and holiday fun, so here are some steps to take to help make sure your asthma isn't an issue when you belt out your holiday cards.

Attack On Asthma: Scrubbing Homes Of Allergens May Tame Disease And Its Costs



After years of studying the causes of asthma, a pediatrician-turned-public health sleuth thinks there's a way to substantially reduce its impact. But the approach faces a big hurdle: getting someone to pay for it, said Dr. Elizabeth Matsui, a professor at Johns Hopkins medical school in Baltimore. Matsui, who suffered from asthma as a

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child, she spent much of her career studying the link between poor housing and asthma in low-income neighborhoods. In particular, she's looked at the effects of mouse allergens, typically found in high concentrations in urban homes.

Matsui cited a 2004 study in the New England Journal of Medicine that described measures to reduce home allergen levels and concluded that they were linked to reductions in asthma symptoms.

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Your Stress-Free Holiday With Asthma and Allergies



Lights sparkle. Cookies bake. Music plays quietly. Conversation flows around the dinner table. The holidays are here - the season for giving, and giving thanks.

The most wonderful time of the year? You can make it so - and asthma and allergies don't have to get in the way of holiday celebrations and family traditions, says Andrea Jensen, AE-C, CHES, of Salt Lake City, Utah.

Training Opportunities- Pittsburgh, PA

AMERICAN LUNG ASSOCIATION Open Airways for Schools Facilitator Training

AMERICAN LUNG ASSOCIATION **OPEN AIRWAYS FOR SCHOOLS**

Individuals who participate in the workshop gain the skills necessary to become Open Airways for Schools Facilitators in their communities. Each facilitator is trained to host an evidence-based asthma management program for children 5-11 years old. These sessions are delivered over 6 sessions and each session is 40 minutes.

Why Use Open Airways for Schools?

Open Airways for Schools is the most widely recognized asthma management program for children in the nation, and a proven-effective way to improve asthma self-management skills, decrease asthma emergencies and raise asthma awareness among families and school personnel.

Date:
Tuesday, January 23, 2018

Time:
2 pm - 4:30 pm

Location:
American Lung Association in Pennsylvania
810 River Ave Suite 140 Pittsburgh, PA 15212

Cost:
\$175 which includes the training and program materials
Scholarship Opportunity available upon request

Special Note:
There is an online training that needs to be taken prior to the in-person training. It can take 2 hours to complete. This in-person training will build from the materials learned during the online training session.

Register by Friday, January 12, 2018 to coordinate:
Shelly Cree, American Lung Association in Pennsylvania
Shelly.Cree@lung.org or 717-541-0864 x 115

Open Airways For Schools (OAS)

Facilitator Training: OAS is a school-based curriculum that educates and empowers kids through a fun and interactive approach to asthma self-management. OAS is a recommended component of the American Lung Association's Asthma-Friendly Schools Initiative, a comprehensive approach to managing asthma in schools.

When? January 23, 2018; 2-4:30pm

****Scholarships Available****

Please contact Shelly Cree at Shelly.Cree@lung.org for more information!

Freedom From Smoking (FFS)

Facilitator Training:

Interested in implementing a smoking cessation program in your community? Committed to helping others in their struggle to quit smoking? As a Freedom From Smoking facilitator, you introduce techniques and tools to participants who want to quit smoking as well as aid them in maintaining motivation and commitment in their quitting journey.

When? January 24, 2018; 9am- 4pm

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