

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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Gearing up for the Holidays With Asthma



To help alleviate holiday anxiety, the American Lung Association has put together a list of holiday tips for the 1.3 million Pennsylvanians who live with asthma, including 225,000 children:

* **Medication Precautions.** If traveling far from home, make sure to remember to bring an extra written prescription in case asthma medication is lost or destroyed, and insurance card and health care provider contact information in case of an emergency.

* **Traveling with Medication.** Whether traveling by car, train, boat or plane, keep quick-relief and controller medications in a carry-on for ease of use if travel plans are delayed or a change in environment causes asthma symptoms.

* **Smokefree Environments.** If staying with family or friends over the holidays, ask to stay with those who don't smoke. If a smokefree home is not available, choose a hotel that is completely smokefree. Cigarette and

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PA Asthma Partnership



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PA Department of Health





cigar smoke can travel through doorways, cracks in walls, electrical lines, plumbing, and ventilation systems, and cause asthma flare-ups.

* **Fireplaces & Candles.** Gathering around the wood-burning fireplace may be part of the season, but the smoke can trigger an asthma episode. And scented candles have the double-whammy of extra smoke in the home as well as strong odors that can cause asthma symptoms. To feel the glow of the season, go faux and enjoy electric fireplaces and candles that flicker with the help of a battery.

* **Bedding.** Bring a special pillowcase or mattress cover to reduce dust mite exposure. Hypoallergenic "sleep sacks" are designed to use when staying in hotels to protect those with asthma from allergens.

* **Managing Stress.** With all this and more, the emotions of the holidays alone can aggravate asthma symptoms. Stress, excitement, anger, crying, and even laughing really hard can trigger an asthma episode. Practice deep breathing to help reduce stress and excitement, and try to stick to a regular exercise routine, eat healthy and get plenty of rest.

CHOP and Philly Launch Home Repair Program to Prevent Asthma



Mold. Dust mites. Roaches. Mouse droppings.

The list of household asthma triggers is long and often problems that aren't easy to fix: a leaky roof, a cracked pipe, poor ventilation. Replacing a roof can cost \$4,000 or more, depending on the size of the house and the materials used. And mold remediation can cost thousands more.

That's a problem in West Philadelphia, where more than 12,000 children suffer from asthma and the median household income is about \$30,000. Parents often can't fix the triggers that could cause an asthma attack and send their children to the emergency room.

So the Children's Hospital of Philadelphia is launching a new program with the city's Housing Development Corporation that will not only fund home repairs for patients in area neighborhoods, but also do the work.

Payel Gupta, MD: Asthma Doesn't get the Attention it Deserves



When your colleagues and patients think of deadly diseases, where does their mind go? Heart disease, cancer, and stroke tend to top the list, and there's no doubt that they're a heavy burden on health systems, patients and society.

Asthma, on the other hand, might not even crack many people's top 50, and that can be problematic, according to Payel Gupta, MD. "There's still a huge burden of disease in this country," she told MD Magazine in an interview.

Check out the PA Asthma Partnership Resource Hub!



The PA Asthma Partnership has created a "Resource Hub" for all asthma programs and resources. We welcome resources from all organizations!

Email Shelly at shelly.cree@lung.org to add resources from your organization to share with the Partnership!

Regional Opportunities!



WESTERN REGION

- Fight for Air Climb: [Pittsburgh, PA- March 30, 2019](#)
- LUNG FORCE Expo: [Pittsburgh, PA- May 15, 2019](#)

EASTERN REGION

- Fight for Air Climb: [Philadelphia, PA- March 30, 2019](#)
- LUNG FORCE Expo: [Cherry Hill, NJ- April 23, 2019](#)
- LUNG FORCE Walk: [Philadelphia, PA- May 18, 2019](#)

STATEWIDE

- PAP Spring 2019 Statewide Meeting: Harrisburg, PA- June 20, 2019
- [Day at the Capitol 2019: Harrisburg, PA- May 7, 2019](#)

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**

