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Sara Martel, Editor

STATEWIDE EASY BREATHING NEWS

Michelle M. Cloutier, M.D.

WE ARE BACK!!

We welcome *Spring* this year with some good news!! The Easy Breathing Program recently received its contract back from the State of Connecticut, allowing us to continue supporting Easy Breathing practices. This prolonged delay was due to the setback the State experienced last summer in the implementation of a statewide budget. What this means for you and your practice, is that a program coordinator will now be able to visit your site on a more regular basis. Due to the budget cut Easy Breathing experienced, your coordinator will support your practice through visits as well as other forms of communication, i.e. mail correspondence, telephone calls, and e-mails. We will continue striving to meet your needs as best as we can.

We would like to thank you and all Easy Breathing Practices for your patience and ongoing commitment to the care of children with asthma. Thank you for your continued support!



2010 Easy Breathing Treatment Selection Guide (Buffet)

There will be a few updates in the new 2010 Buffet this spring:

- There is now a Generic Budesonide, previously marketed only as Pulmicort. Currently it is available in the 0.25 and 0.5mg doses, but not yet in the 1mg dose. It has been added to the buffet along with Pulmicort.
- There have been changes in the dosing recommendations for Flovent DPI (only), not the HFA, to better match the correct mcg/mcg dosing for the severities.

Did you know...

Oral allergy Syndrome most commonly occurs in people with asthma or “hay fever” from certain pollens. Symptoms can include itching or actual swelling of the lips, mouth and/or throat when there is a cross reactivity reaction to the plant proteins and the consumed vegetable/fruit. Here are some examples:

Cross-reactivity	
Pollen	Potential Cross-reactive Foods
Ragweed	Bananas, melons (watermelon, cantaloupe, honeydew) zucchini, cucumber, tomato, dandelions, chamomile tea
Birch	Apples, pears, peaches, apricots, cherries, plums, nectarines, prunes, kiwi, carrots, celery, potatoes, peppers, fennel, parsley, coriander, parsnips, hazelnuts, almonds, walnuts
Grass	Peaches, melons, oranges, kiwi, tomato, celery
Mugwort	Apples, kiwi, celery, carrots, peppers, parsley, coriander, peanut, fennel, anise seeds, sunflower
Alder	Celery, pears, apples, almonds, cherries, hazelnuts, peaches, parsley
Latex	Bananas, avocado, kiwi, chestnut, papaya

Symptoms are often worse during the spring and fall pollen seasons. Interestingly, many patients with oral allergy syndrome can eat the same fruits or vegetables when they are cooked. The cooking process changes the protein enough that the immune system does not recognize the food as being the same as the pollen anymore.



