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Fall Foliage Facts

Unlike the bright colors of flowers, which attract pollinators, or the bright "Warning Colors" of many kinds of animals, the bright colors of fall foliage are a byproduct of chemical changes as the trees start to go dormant. These colors have no apparent biological function or significance.

Evergreen trees may shed their older leaves, which often turn bright yellow, in spring rather than fall, but they never drop all their leaves at one time, thus staying green all year.

The leathery evergreen leaves of rhododendron are shed individually from time to time over several years; it is not uncommon to find individual rhododendron leaves that have been on a plant for five or six years that are still green, healthy and functional.

Most leaves fall from trees because the ends of the branch are sealed off near the leaf stem to protect the tree through the long winter months.

Source: Fall Colors & Woodland Harvests by Laurel Hill Press



The fireplace

Source: By Louis Neipris, M.D., Staff Writer, myOptumHealth

Heating vents can blow dust throughout your home. Use high-efficiency furnace filters, which are 30 times more effective at collecting pet dander and other allergens. Replace filters every two to three months or as recommended by the manufacturer.

Don't store firewood in your home because it could contain mold.

If you use a fireplace, make sure the chimney is clean and working properly. Keep the doors closed to reduce as much smoke as possible.

Outdoor and indoor mold

Late fall and winter yard work can kick up mold spores, often a trigger for allergies and allergic asthma. Mold can also grow indoors in damp areas as well.

Wear a face mask and gloves while working with wet leaves and dirt.

Remove wet leaves and dirt from gutters, from around windows and door frames.



Currently Recruiting Studies



Has asthma made it harder to get through the day?

Qualified participants for this research study: must be 18-75 years old, non smoker, have moderate asthma, have used a daily inhaled steroid for at least 3 months. Up to 8 visits over 8 months. Qualified participants will receive compensation for completed visits. All study related diagnostic testing, medical care and investigational medications provided at no charge to you. Study: 205.418

Participants are needed for a study on a new albuterol inhaler.

This clinical research study is looking for participants ages 18 -55 years old, non smoking, mild to moderate asthma. 4 visits. Qualified participants will receive compensation for completed visits. all study related diagnostic testing, investigational medications and medical care provided at no charge to you. Study: A006

Do you have eczema or atopic dermatitis?

Have you used PROTOPIC® (tacrolimus) ointment before you were 16 years of age to treat your eczema? Would you be interested in participating in a long term program that will monitor your health? You may be eligible to participate in an observational research study. Talk to your physician if you would like to learn more about this important program. Study: Apples



Food Allergies

During the holiday season when people are often traveling and meals are prepared by someone else, food allergies can be a problem. The biggest food allergy triggers are:

- Eggs
- Milk
- Peanuts and tree nuts (such as walnuts and hazelnuts)
- Shellfish
- Soy
- Wheat

Be mindful of any food allergies when you visit friends and relatives. Grandma's peanut butter cookies might be delicious, but they can be deadly if you have a peanut allergy. Let your host know about your allergic triggers before you get there. If you have a severe allergy, carry an injectable epinephrine with you in case you inadvertently come into contact with the allergen.

Source: WebMD.com



Winter Recipes: Savory Meatloaf & Oven Roasted Veggies

Oven Roasted Veggies:

By Grace White at ASTHMA, Inc.

Prep: Wash and cut veggies into bite size pieces

Brussels sprouts, asparagus, turnips, mushrooms, onions, beets, carrots and sweet potatoes - toss with olive oil, salt and pepper to taste. In a shallow baking pan, hot oven, roast 20 min, mix them up, roast until perfectly caramelized.

Turkey Meatloaf With Cranberry Glaze:

By Diana Rattray, on About.com

Prep Time: 15 minutes

Cook Time: 1 hour, 10 minutes

Total Time: 1 hour, 25 minutes

Ingredients:

1 can whole cranberry sauce, about 16 ounces

1/2 cup chili sauce (can substitute ketchup)

1 to 1 1/4 pounds ground turkey

1/2 pound lean ground pork

1 large egg

1 cup soft finely ground bread crumbs

1 medium onion, finely chopped

3/4 teaspoon ground poultry seasoning

1/2 teaspoon salt

1/8 teaspoon freshly ground black pepper

Preparation:

Spray an 8 - 1/2 x 4 - 1/2 inch loaf pan lightly with cooking spray. Heat oven to 350°. Combine 1/3 cup of the cranberry sauce with the chili sauce. Refrigerate remaining cranberry sauce to serve with the meal.

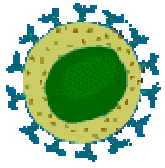
In a mixing bowl, combine the ground turkey and pork with the egg, bread crumbs, onion, poultry seasoning, salt, and pepper. Add 1/3 of the chili sauce and cranberry mixture. Reserve the remaining chili sauce and cranberry sauce mixture for topping.

Mix the turkey & pork mixture until well blended. Pack into the prepared loaf pan and bake for 1 hour. Top with the reserved chili sauce and cranberry sauce mixture and bake for 10 minutes longer. Let the meatloaf rest for 5 to 10 minutes before slicing.

One small step at a time, every one can participate to make the world a better place.

One pharmaceutical company, GlaxoSmithKline has brought into ASTHMA, Inc. a recycling container to encourage people to recycle their used asthma inhalers (GSK brand only). You could also contact your pharmacist for suggestions on how to properly dispose of plastics in regards to your used medications and inhalers.





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Staff changes

Congratulations to:

Gary Miranda, medical assistant & clinical research coordinator, here at ASTHMA, Inc. for 5 years, he has decided to go back to school full time to pursue a degree in nursing.

We welcome:

Claudia Arciga, medical assistant and our new clinical research coordinator. Raised in California, she moved away from the sunny state 15 years ago and has not regretted it since. She has a keen sense of humor, is confident in her approach to our studies and luckily for us she enjoys baking fancy cakes and pastries.

Give Claudia a big welcome and wish Gary the best of luck!

facebook

We are now on facebook!

Please become a fan, and be the first to receive information about recruiting studies.

Just search for ASTHMA, Inc.