

# AI Informant

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## Allergen-Free Candy!

Be safe this Halloween and choose treats that everyone can enjoy! Some companies that sell dairy, nut, and gluten-free treats include:

### Divvies

[divvies.com](http://divvies.com)

### Amanda's Own Confections














[amandasown.com](http://amandasown.com)

### Yummy Earth Candies

[yummyearth.com](http://yummyearth.com)

## Halloween Fun for Children with Food Allergies

On Halloween, parents of food-allergic children must be extra vigilant to ensure their child is not at risk of a reaction. The AAAAI offers these tips for creating a safe Halloween for food-allergic children:

-  Accompany younger children as they trick-or-treat and send older children out with a group of friends. Don't allow your child to trick-or-treat alone.
-  Verify that adults or friends with your child understand his food allergies and what to do in an emergency.
-  Make sure your child carries emergency medication along on Halloween night.
-  Before Halloween, distribute safe snacks to neighbors and request that they be handed out to your child.
-  Eat dinner before trick-or-treating to reduce urges to sneak a treat.
-  Remember that small candy bars passed out to trick-or-treaters may have different ingredients than their regular-size counterparts. Even if a certain candy is safe for your child, the 'fun size' version might not be.
-  Carefully check all treats' ingredients on packages or company Web sites to ensure there is no risk for a reaction.
-  If in doubt about ingredients, throw the candy away.
-  Work with your child's teacher to plan a school party involving non-food treats, such as stickers or novelty erasers. Or, pack treats from home that other students can give to your child.
-  Instead of trick-or-treating, host a party that focuses on costumes, pumpkin carving, games and other Halloween-themed fun.
-  Create a "candy swap" with siblings or friends so that allergen-containing candies can be traded for other, safe, treats.
-  Teach your child to politely refuse offers of home-baked goodies like cookies or cupcakes.
-  Consider participating in a charity trick-or-treat event to raise money for a good cause, rather than collect candy. The Food Allergy & Anaphylaxis Network hosts an annual drive to raise money for food allergy education and research. Visit [www.foodallergy.org](http://www.foodallergy.org) for more information.

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## Currently Recruiting Studies



### Do you suffer from perennial allergies?

Participants needed for a 7 month clinical research study on year-round allergies! Qualified participants must have a 2 year diagnosis of perennial allergies (allergic to dogs, cats, dust mites, or mold), mild or no asthma, and must be 12 years and older. Benefits include all study-related diagnostic testing, investigational medication and study-related medical care provided at no charge to qualified participants.

### 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.



**apples**  
a prospective pediatric  
longitudinal evaluation study

### Do you have well-controlled asthma?



We are conducting a research study on a drug that is used to diagnose coronary artery disease to see if it is safe in asthmatics. You must be 18 or older with two of the following: type 2 diabetes, high blood pressure, high cholesterol, or obesity. There are only 3 visits over 2-3 weeks! Qualified participants will receive study-related testing and procedures at no charge, and compensation for time and travel.

### Does your child cough, wheeze, or lose breath while playing or exercising?

ASTHMA, Inc. is looking for children 4-14 years of age to participate in a clinical research study on the investigational use of Singulair. Study consists of 7 visits over 3 weeks. Qualified participants receive compensation for time and travel, all study-related medical care, diagnostic testing, and investigational medication at no cost. For more information please contact ASTHMA, Inc.



## Seasonal and Swine Flu Updates, Facts, and Recommendations

- Studies by the Centers for Disease Control and Prevention (CDC) show that only one-third of adults with asthma receive the flu vaccine every year.
- Men and African Americans are less likely to receive a flu vaccine than women and whites, according to the CDC.
- Adults older than 65 may have natural antibodies to H1N1 because of exposure to older flu strains. However, older adults, particularly those with asthma, should still get vaccinated against the seasonal flu and take steps to avoid infection.
- The greatest number of H1N1 flu cases have occurred in children and adults under the age of 24.

Courtesy of the American Academy of Asthma, Allergies, and Immunology

# Stay safe, get a flu shot

It's always important for people with asthma to get their yearly flu shot. But this year, it is even more critical. Public health officials are concerned that the H1N1 flu virus (sometimes called "swine flu"), which first emerged last spring, could infect even more people in the United States during this year's winter flu season. Flu viruses infect a person's upper respiratory tract. As a result, people with respiratory problems—including asthma—are more likely to experience serious health problems if they get the flu. For example, if you have asthma and get the flu, you may be more likely to have an asthma attack. Children and young adults, pregnant women and people with other underlying health conditions also need to be vigilant when it comes to the new flu strain.

The CDC is working to ensure that adequate supplies of an H1N1 flu vaccine are available before the flu season hits in the United States. Once the vaccine is available, people with asthma should get vaccinated. This new vaccine will not protect against the seasonal flu, so you may need to receive two vaccinations to stay healthy. The CDC recommends that all children receive the seasonal flu vaccine.

## Know the symptoms

The symptoms of H1N1 flu are similar to those of the seasonal flu. If you experience any of these symptoms, contact your doctor:

- **Fever** • **Tiredness** • **Lack of appetite** • **Coughing**

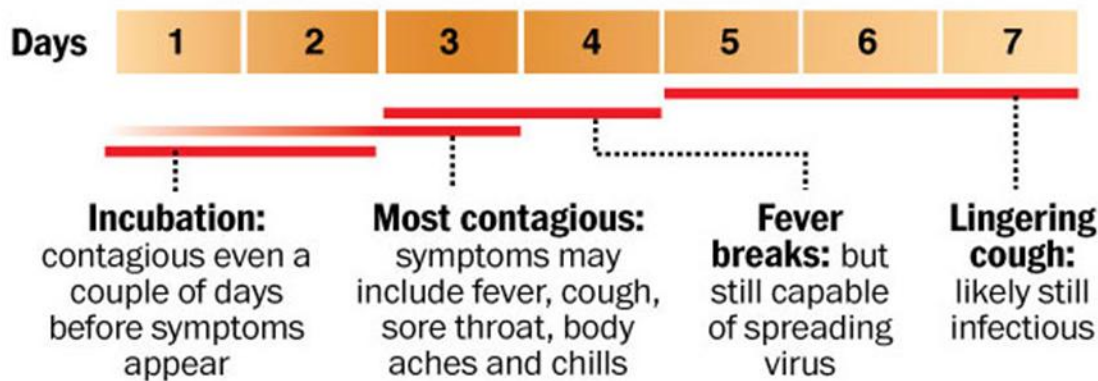
Some people infected with the H1N1 flu virus may also have a runny nose, sore throat, nausea, vomiting and diarrhea.

Catching symptoms of the flu early is important, because antiviral drugs are most effective when taken within 48 hours of infection.

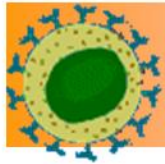
## Contagious nature of virus may linger

How long people with swine flu stay infectious is not precisely known, but they may be able to spread it more than a week after symptoms first appear.

How doctors think swine flu progresses during contagious phase:



ANSWER TO RIDDLE  
 1. Max, Vampire, Keece's  
 2. Jane, Witch, Snickers  
 3. Andy, Skeleton, M&M's  
 4. Sam, Devil, Milky Way  
 5. Pam, Cat, Starburst



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Visit us on the web at  
[www.asthmainc.org](http://www.asthmainc.org)

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## Halloween Riddle

5 friends went trick-or-treating together for Halloween, but they soon got tired and went home at some point along the way. The next morning, the friends met up to exchange candy, so each could have their favorites. Can you figure out who wore what costume, in what order they left the group, and what each friend's favorite candy is?

FRIENDS: Andy, Jane, Max, Pam, Sam

COSTUMES: witch, vampire, devil, cat, skeleton

CANDY: Reese's, M&M's, Snickers, Starburst, Milky Way

- 1) The 5 friends are Max, the witch, the girl who likes Starburst, the boy who dressed as a devil, and the person who left the group 3rd.
- 2) Andy (who does not like Milky Way) left sometime after Max and immediately before Sam.
- 3) Pam likes Starburst and she left after Sam.
- 4) The friends left the group in this order: the one who likes Reese's, the witch, Andy, the one who likes Milky Way, and Pam.
- 5) The skeleton likes M&M's.
- 6) The vampire was not last.

[www.braingle.com](http://www.braingle.com)

Answer on the bottom of page 3. HINT: It helps to make a grid.