

Food Allergies and Asthma

While it's not common for food allergies to cause asthma symptoms, food allergies can cause a severe life-threatening reaction. The most common foods associated with allergic symptoms are:

- Eggs
- Cow's milk
- Peanuts
- Soy
- Fish
- Shrimp and other shellfish
- Salads & fresh fruits
- Wheat

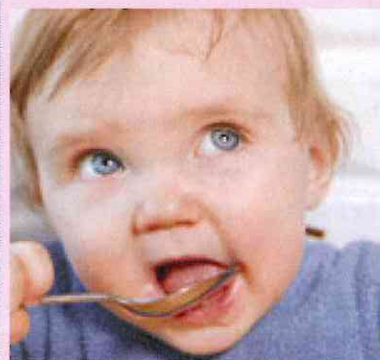
Food Preservatives and Asthma

Food preservatives can also trigger an asthma attack.

Additives such as sodium bisulfite, potassium bisulfite, sodium

metabisulfite, potassium metabisulfite, and sodium sulfite, are commonly used in food processing or preparation and can be found in foods such as:

- Dried fruits or vegetables
- Potatoes (packaged and some prepared)
- Wine and beer
- Bottled lime or lemon juice
- Shrimp (fresh, frozen, or prepared)
- Pickled foods



Symptoms of Food Allergies and Asthma

In most people, the usual symptoms of food allergies are hives, rash, nausea, vomiting, and diarrhea. If you have food allergies that trigger symptoms of an asthma attack, you will likely experience these allergy symptoms, followed by coughing and wheezing. And if not caught quickly, anaphylaxis -- swelling of the throat, cutting off the airway -- may result.

If you suspect that certain foods are asthma triggers for you, discuss this with your doctor. Allergy skin tests can be done to determine if you are allergic to these foods.

What Do I Do If I Have Food Allergies and Asthma?

Avoid the Food Trigger. Try not to come into contact with the food you are allergic to. Avoiding food triggers can be challenging. It is important to always read food labels and, when dining out, ask how foods are prepared.

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Did you know? All about food allergies!

- Scientists estimate that approximately 12 million Americans suffer from food allergies.
- Food allergies are more prevalent among young children – one in 17 under the age of 3 has food allergies.
- Food allergy occurs when the immune system mistakenly attacks a food protein. Ingestion of the offending food may trigger the sudden release of chemicals resulting in symptoms of an allergic reaction.
- No medication can be taken to prevent food allergies. Strict avoidance of the allergy-causing food is the only way to prevent a reaction. Medications are administered to control symptoms after a reaction occurs.
- Food allergies can develop at any age, though most develop in childhood.

Source: The Food Allergy & Anaphylaxis Network, www.foodallergy.org

ASTHMA, Inc clinical research

4540 Sand Point Way NE # 100 • Seattle, WA 98105 • Phone: 206-525-5520

www.asthmainc.org

studies@asthmainc.org

Currently Recruiting Studies

Allergic Asthma

Participants with allergic asthma needed for a research study. If you are 18 to 65 years of age, a non-smoker, and using a daily asthma medication, you may qualify to participate in this 6 month clinical research study. Participants will receive compensation for each completed visit. All study related diagnostic testing, investigational medications and medical care provided at no charge to you.

Study: ACT11457

Is your baby allergic to cow's milk?

We are enrolling participants for a 17 week clinical research study involving a new test Neocate infant formula. There are 6 clinic visits and one phone call. Participants must be aged birth to 8 months and have a known allergy to cow's milk. Qualified participants will receive compensation for time and travel. All study related diagnostic testing, infant formula and study related medical care is provided at no cost to you.

Study: Neocate

Do you have grass allergies?

If you are 5 to 65 years of age, suffer from grass pollen allergies and use medications to control your symptoms. You may qualify to participate in a clinical research study evaluating the effects and safety of a grass sublingual tablet as immunotherapy. Participants will receive compensation for each completed visit. All study related diagnostic testing, investigational medications and medical care provided at no cost to you.

Study: SP08067 sublingual SAR

Uncontrolled Asthma?

Participants with uncontrolled asthma are needed for a research study using an investigational new medication. Must be on an inhaled corticosteroid. Must be 18-75 years old and non-smoker. Qualified participants may be compensated for time and travel. Study related diagnostic testing, investigational medications and medical care may be provided if you qualify.

Study: MI CP220

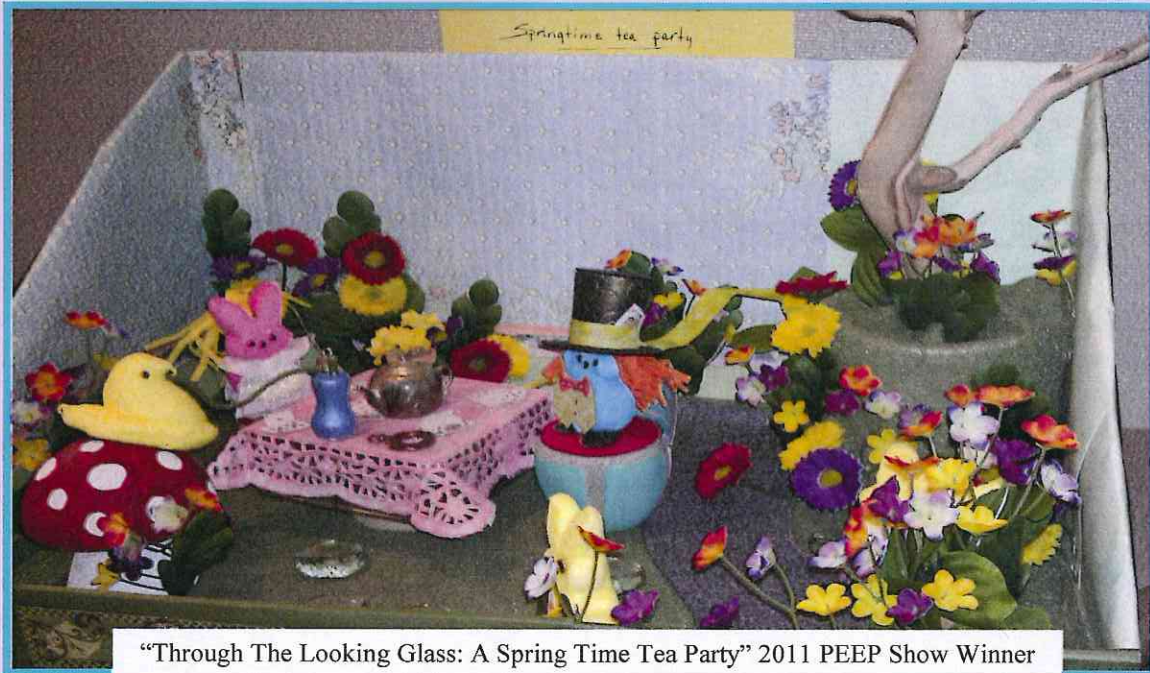
Do you have Eczema?

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

Northwest Asthma & Allergy and ASTHMA, Inc. Present

A PEEP Show



"Through The Looking Glass: A Spring Time Tea Party" 2011 PEEP Show Winner

In April ASTHMA Inc. and Northwest Asthma and Allergy got together for the first annual PEEP Contest. Employees worked in teams of one to three people to assemble Spring-themed dioramas using PEEPs candy marshmallows. Each team had one and a half hours and was required to assemble all creations on site. Staff, doctors, and patients then judged the entries and voted for their favorite. The Winner from Patient Accounts was Angelina Wolfe with "Through The Looking Glass: A Spring Time Tea Party."

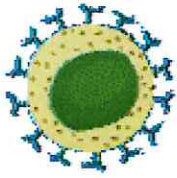
Honorable Mentions: Seattle PEEP Patch
White House Easter Egg Hunt
NAAC PEEPS on Spring Break



JICAMA-MANGO SLAW

Toss julienned mango and jicama, red onion, radish and cilantro; add cumin, salt and cayenne. Drizzle with olive oil and lime juice.

Source: Food Network



ASTHMA, Inc.
Clinical Research

4540 Sand Point Way N.E., # 100
Seattle, WA 98105

Phone: 206-525-5520

Toll free phone: 888-400-7765

E-mail: studies@asthmainc.org

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