

## Avoid Asthma and Allergy Triggers as You Shape Up

A New Year's Resolution to get in shape is good news for your health. But if you have allergies or asthma, the hidden triggers at the gym may be bad for your condition. Follow these tips to keep your visits to the health club sniffle, sneeze and wheeze free:

- **Bring your own mat** – Yoga isn't relaxing if you break out in hives thanks to that cushy mat likely made of latex. That doesn't mean you can't enjoy yoga or other floor exercises. If you're allergic to latex, bring your own latex free mat.
- **Check the label before you energize** – Energy bars and protein shakes can help you make it through your workout. But if you have a nut, wheat, egg, soy or milk allergy, be sure you carefully read the ingredients first.
- **Protect yourself from the disinfectant** – Gyms often use a disinfectant spray to try to keep equipment germ-free. But many of those sprays have a strong odor and contain problematic chemicals or VOCs (volatile organic compounds). That could be why you sneeze or wheeze every time you hit the gym, so it's a good idea to use your allergy or asthma medication before you work out.



- **Make sure your skin breathes, not itches** - Many exercise clothes are made of polyester and nylon, which helps keep sweat off of your skin. But if you are sensitive to synthetic materials, these fabrics can make you itch like crazy. Check clothing labels before you purchase. Lycra (spandex) – which gives clothes that comfy stretch – is higher quality and less likely to irritate.
- **Warm up and cool down** – Exercise-induced bronchoconstriction (EIB) can cause chest tightness and trouble breathing in people who have asthma, and sometimes in others, too. If you run into breathing problems when you exercise, ease in and out of workouts and use an inhaler before exercise. Breathe through your nose rather than your mouth. And if you have a cold, take it easy as viruses can be an asthma trigger.

**Source:** American College of Allergy, Asthma & Immunology  
[acaai.org](http://acaai.org)

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# Currently Recruiting Studies

## Do you find your asthma hard to control?

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 & 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 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

## 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. ASTHMA, Inc. Study: BI 205.418

## Do you have asthma or COPD?

Participants ages 4 and older are needed for an albuterol research study! Up to 7 study visits over approximately 2 months. Qualified participants will receive compensation for completed visits. All study-related diagnostic testing, investigational medications and medical care are provided at no charge to you. Study: ABM- AS- 307

## Do you have 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: SA ACT 11457

## Have you suffered from hives and itching lasting more than six weeks?

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: CIU 402-06

# Surviving Seattle Weather

**Source:** Stephanie Modkins, Yahoo! Contributor Network

Weather in the Puget Sound during the winter can be brutal. Why? For several months, all it does is rain and stay dark outside. The sun virtually disappears. But don't let the gloom of Puget Sound in the winter get you down. Follow these tips to beat the rainy day blues:



**Start a hobby.** Make sure it's one that involves people and helps you forget about all of the Seattle rain. A lot of recreation centers offer cooking, dance and wine-tasting classes in the winter. Sign up for one. It'll give you a reason to get up in the morning outside of work and kids.

**Dance in the rain.** Ever heard of the phrase "if you can't beat 'em, join 'em"? Bring this motto to life. On a day when you are feeling dreary because the weather is bringing you too much rain, go outside and walk around in it. Dance and play like you used to do as a child in the rain. Embrace your location and don't let a few raindrops bring you down.

**Volunteer at a shelter.** Winter is a sad time for anyone who's homeless or down and out. So take the time to help out at a local shelter. You will feel good about helping others, and people will appreciate that you're helping them.

**Go for a morning walk.** Endorphins, hormones that make you happy, are released when you exercise. So make this part of your winter plan. It'll help you stave off the winter blues and those extra holiday pounds.

**Take a dose of laugh therapy.** A few minutes of laughter is equivalent to a multivitamin. It will lift your mood and help you feel better. Keep this in mind and when the weatherman says rain, rain, rain, gather up a few comedies to watch. They'll help you forget about all of that yucky Seattle rain.

## Orange Banana Smoothie

Our favorite Friday treat!

### Ingredients

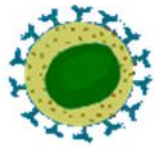
- 1 1/2 cups freshly squeezed orange juice (4 oranges)
- 1 tablespoon freshly squeezed lime juice
- 1 cup strawberries, tops removed, and cut in 1/2
- 1 to 1 1/2 ripe bananas



### Directions

Combine the orange juice, lime juice, strawberries, and bananas in a blender and process until smooth. Refrigerate until cold.

**Source:** [www.foodnetwork.com](http://www.foodnetwork.com)



**ASTHMA, Inc.**  
**clinical research**

*4540 Sand Point Way NE, Suite 100  
Seattle, WA 98105*

*Phone: 206-525-5520*

*Toll free Phone 888-400-7765*

*E-mail: [studies@asthmainc.org](mailto:studies@asthmainc.org)*

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

**STAFF CHANGES**

We welcome

Jessica Alderete, our new front desk coordinator. She was born and raised in Seattle. Jessica went to school for Medical Insurance Billing and Coding and loves being able to help people. She looks forward to working with us.

Give Jessica a big welcome!

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