

Empowering parents, through support and education, to keep their children safe

Food Allergy Support Group of Monmouth County

Fall 2007
Newsletter

Schedule of Meetings and Other Activities

***Wednesday, September 12, 7:30 p.m.** — **SPEAKER: DR. TINA ZECCA, Allergy & Asthma Associates of Monmouth County.** Play food allergy jeopardy with Dr. Zecca.
BUSINESS: Quick update on the Halloween party & FAAN's Walk for Food Allergy
Please note that this meeting is on the second Wednesday of the month.

Sunday, October 14 — THE FOOD ALLERGY & ANAPHYLAXIS NETWORK'S WALK FOR FOOD ALLERGY: MOVING TOWARD A CURE
Noon: Registration • 12:30: FASGMC team will meet up.
12:45 p.m.: Official Welcome • 1:00 p.m. -- Official Start Time
Location: Wild Duck Pond, 1133 E. Ridgewood Ave., Ridgewood, N.J.
Route: 3-mile loop • www.foodallergywalk.org (see page 3)

Saturday, October 27, 1:00-3:00 p.m. — FOOD-FREE MAGICAL HALLOWEEN PARTY
Fellowship Hall at King of Kings Lutheran Church, 250 Harmony Road, Middletown
Admission: members, \$10.00 donation per family; nonmembers, \$12/family
Please note the party is on a Saturday this year

***Wednesday, November 14, 7:30 p.m.** — **GUEST SPEAKER/TOPIC TBA**
Please note that this meeting is on the second Wednesday of the month.

Tuesday, December 11 — HOLIDAY DINNER AT GAETANOS
10 Wallace Street, Red Bank, N.J. • www.gaetanosredbank.com

Tentative Schedule for 2008

January 2008 — NO MEETING

February 6, 2008 — GUEST SPEAKER/TOPIC TBA

March 5, 2008 — BUSINESS: Preparation for Food Allergy Awareness Week
TOPIC: ROUND ROBIN DISCUSSION. Meet other members of the group and discuss issues important to us.

April 2, 2008 — GUEST SPEAKER/TOPIC TBA
BUSINESS: Update on for Food Allergy Awareness Week

May 7, 2008 — TOPIC: PREPARING FOR SCHOOL WITH FOOD ALLERGIES. We will discuss preparation for the 2008-2007 school year. Preschool, elementary and middle school issues to be addressed.

May 11-17, 2008 — FOOD ALLERGY AWARENESS WEEK
<http://foodallergy.org/FAAW/>

<http://fasgmc.tripod.com/>
njfoodallergy@hotmail.com

***Wednesday Meetings are held at**
Allergy & Asthma Associates of
Monmouth County
565 Highway 35 North, Suite 6
(next to Siperstein's Paint Store)
Red Bank • 732-741-8222.

For more information contact
Allergy & Asthma Associates of
Monmouth County
(732) 741-8222
Lisa Cronin: 732-739-6845
csama1998@msn.com
Kim Wester: 732-441-1516
theabwesters@yahoo.com
visit <http://fasgmc.tripod.com>

IDEAS WANTED

We want to know what you would like to see at our meetings. If you have any ideas for topics or guest speakers for future meetings, please let us know.

Know any lawyers with experience in food allergies in school? We would be interested in inviting a lawyer to one of our meetings.

Contact Ellen at 732-264-6694 or elle920@verizon.net

LADIES NIGHT OUT

Holidays get you stressed? We are hoping to schedule a post-holiday stress-relief night at a local day spa. Details and pricing will be sent to the e-mail list. Or contact Lisa Cronin at 732-739-6845 for more information



Participating in FAAN's walk for a food allergy cure? Want a T-shirt to show that you are a member of our team? Contact Angie Frankovic at afrankovic@verizon.net or (732) 741-1559 for information on ordering a Food Allergy Support Group of Monmouth County T-shirt.

N.J. Enacts New Law Regarding Food Allergy Management in Schools

New Jersey P.L. 2007, c. 57 amends P.L. 1993, c. 308 and amends and supplements P.L. 1997, c. 368. In doing so, it accomplishes the following concerning food allergy management in New Jersey schools:

1. Clarifies issues pertaining to self-administration of epinephrine.
2. Replaces reference to "epi-pen" with "pre-filled auto-injector mechanism" in recognition of the fact that there are a variety of injectable epinephrine devices on the market.
3. Requires designation and training of employee volunteers to administer epinephrine to a student for anaphylaxis in emergency situations when the nurse is not physically present at the scene.
4. Requires that epinephrine be readily accessible by the school nurse and designees.
5. Requires that the school nurse or a designee be promptly available on site at the school and school-sponsored functions in the event of an allergic reaction.
6. Provides that neither permission to self-administer medication, a coexisting diagnosis of asthma, or prescription for epinephrine coupled with another medication i.e., antihistamine, should preclude delegation of administration of epinephrine in an emergency.
7. Directs Department of Education and the Department of Health and Senior Services to jointly develop training protocols in effort to assist school nurses in the delegation process.
8. Requires that the pupil be transported to the hospital by emergency medical services personnel following the administration of epinephrine for anaphylaxis, even if the student's symptoms appear to have resolved.
9. Requires the Department of Education, in consultation with the Department of Health and Senior Services, appropriate medical experts and professional organizations representing school nurses, principals, teachers, and the food allergy community, to develop and disseminate guidelines for the development of school policies on the management of food allergies in the school setting and the emergency administration of epinephrine for anaphylaxis.
10. Directs each board of education and nonpublic school to implement the guidelines established by the Department.
11. Addresses issues concerning liability.

The New Jersey School Health Services Guidelines Committee, composed of representatives from the Department of Education, the Department of Health and Senior Services, and others, is presently working to develop guidelines for school districts for implementing P.L. 2007, c.57 concerning food allergy management in schools. The Food Allergy & Anaphylaxis Coalition of NJ, with the assistance of your support group leaders, the Food Allergy Initiative, and the Food Allergy & Anaphylaxis Network, has made some recommendations for consideration by the Committee.

Note that P.L. 2007, c.57 amended existing law, which continues to require that districts have a policy for administration of epinephrine for anaphylaxis. If your school officials are uncertain about the impact of the law for the start of school in September, or if they are reluctant regarding food allergy management, encourage them to contact the NJ Department of Education for further information. The intent of the new law is clear—the need for food allergy management is to be taken seriously by New Jersey schools and that reliable avoidance and emergency plans must be created to safeguard food-allergic students.

— Information supplied by the Food Allergy & Anaphylaxis Coalition of NJ

New Product Available

Benedryl is now available as Benedryl Perfect Measure, pre-filled single use spoons. Each spoon is pre-filled with 0.17 fl oz (5 ml) of liquid Benedryl.

GREAT ADVENTURE

Six Flags Great Adventure has a new food allergy policy. A listing should be available at each restaurant with the ingredients of the food available at that location and a master list should be available at guest relations. Customers are not given the list, as it is constantly being updated. We'd like to know your experiences at Great Adventure this year.

Contact Ann Houdalis, FASGMC member, at 732-441-4252 or panhoud@aol.com with your Great Adventure experiences — good or bad — for summer/fall 2007.

EMS and Epinephrine

The Food Allergy and Anaphylaxis Coalition of NJ has been advocating, over the past several months, for the implementation of P.L. 2003, c. 1, which permitted basic EMS to carry and administer epinephrine for anaphylaxis. We have learned from the NJ Department of Health and Senior Services, Office of Emergency Medical Services, that 108 EMS squads have registered to implement the Epinephrine AutoInjector Interim Policy, as of August 3, 2007. Monmouth county squads include:

- Allenhurst FD First Aid Squad
- Atlantic Highlands First Aid Squad
- Colts Neck First Aid Squad
- Eatontown First Aid Squad
- Englishtown Manalapan First Aid Squad
- Gordons Corner Fire Department
- Holmdel First Aid Squad
- Howell First Aid-Rescue #1
- Marlboro First Aid - Rescue Squad
- Neptune Township EMS
- Ocean Grove FD First Aid Squad
- Shrewsbury First Aid Squad
- Union Beach First Aid Squad

If your local EMS squad has not yet implemented this policy, please encourage them to do so.

— Information supplied by the Food Allergy & Anaphylaxis Coalition of NJ

Milk Protein in Dry Powder Inhalers

Astra-Zeneca has recently introduced the new Pulmicort Flexhaler, a dry powder inhaler which contains micronized lactose which may contain milk protein. This product replaced the Pulmicort Turbohaler which had no traces of milk protein.

Another inhaler which may contain milk protein is Advair, which has been on the market for several years.

These dry powder inhalers are breath-activated; they deliver medication to the lungs as you inhale through the device. They do not contain propellants. Therefore, a person does not have to coordinate the activity of breathing with the activation of the inhaler. Instead, one simply

breathes in quickly to get the medication.

To find out if there is lactose or milk protein in an inhaler, consult the patient prescribing guide that was included with your medication. The prescribing guides are also usually available on the manufactures' Web sites. For more information about the Flexhaler visit <http://www.pulmicortflexhaler.com/>

If you or your child has a milk allergy and are using these products, consult with your physician.



BOOK REVIEW: *Food Allergies for Dummies*

By Robert A Wood, MD

Professor of Pediatrics and Chief of Pediatric Allergy and Immunology
Johns Hopkins University School of Medicine

With Joe Kraynak

Review by Ellen Montemarano

When I began reading *Food Allergies for Dummies*, I thought this would be a great book to recommend to parents whose children have been recently diagnosed with food allergies or friends and families of people with food allergies. After four years of dealing with my daughter's peanut allergy, I didn't think a *Dummies* book would teach me anything. I was wrong. (For example, there is a Chinese Herbal remedy, FAHF-2, which looks promising for the treatment of food allergies.)

Food Allergies for Dummies was written by Robert Wood, a pediatric allergist at Johns Hopkins who has a severe peanut allergy and, Joe Kraynak, who is a freelance writer. Kraynak did a good job of translating the technical lingo to make it more understandable to those without a medical or scientific background. The book's explanation as to why peanuts are more likely to cause a life-threatening reaction (short answer: it's the way the proteins are folded) is much more clear than what I have read previously.

The book is a very understandable read; it gets across the seriousness of food allergies without resorting to the hysteria that has been

seen in some media reports.

Since Dr. Wood is not only an allergist but also a patient, he includes information on how he deals

stories have already been helpful in explaining the seriousness of my daughter's food allergies to others.

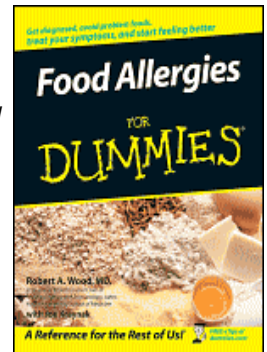
The book has the common

"I made it a rule to never eat a baked good that I didn't personally prepare myself . . . I made an exception to the rule just once . . . after I had become an allergist and had learned a great deal about peanut allergy. . . . A colleague of mine, a world-renowned authority in food allergy, presented me with a gift of beautifully decorated cookies. As he handed them to me, without me even asking, he reassured me — in fact, he promised me — that these cookies were peanut free. Unfortunately, however, he didn't know that his wife had also made peanut butter cookies that morning and that she used the same spatula between those cookies and mine. The level of contamination was enough to cause a very severe reaction. . . . I needed five shots of epinephrine. . . . I have not broken my 'no cookie rule' ever since"

— excerpt from *Food Allergies for Dummies*

with his own allergies. It is reassuring to a parent to read about someone who has dealt with food allergy from childhood through adulthood. It also is reassuring to read that a highly educated allergist "saves desserts for home," making me feel less neurotic when refusing dessert at a restaurant on my daughter's behalf. Dr. Wood doesn't eat anything that anyone else has baked and described what happened the one time he broke his rule (see sidebar.) These simple

Dummies style and organization. It's straightforward, easy to read in its entirety and it is easy to find information if you just want to browse quickly through the book. It has the *Dummies* multiple headings and checklists, as well as the *Dummies* icons—a "warning" bomb for important information (e.g. Never conduct a food challenge at home,) "tips," "remember," and "technical stuff." The "technical stuff" icon is used sparingly as most of the informa-



tion is very reader-friendly.

When in a rush you can just read a heading ("Discovering peanuts in your chili bowl and other unsuspecting places") and what is in bold next to checks (Spaghetti sauce, Chicken Dishes and Vegetarian Dishes) to see if this was the information you were looking for or if you should skim to the next section.

Food Allergies for Dummies is packed with a lot of practical information beginning with what is a food allergy and what is not, the diagnosis and treatment, and living with food allergies — from daycare to college; at home, on vacation or in restaurants.

I recommend it for anyone who has a food allergy or knows someone with a food allergy. In addition, I recommend it as a gift for the family member/friend/teacher etc. who "doesn't get it" when it comes to allergies.

WHY YOU SHOULD WALK

Those of us who walked in FAAN's Walk for Food Allergy last year did not only raise money for food allergy education and research, we had a great time doing it. Our children got to see that there are many kids like them who had food allergies and all enjoyed the entertainment. My daughter won a Dora game and had her face

painted.

We chatted with many of the sponsors. Representatives from many companies, including a few owners, from allergy-friendly companies that made cookies, other desserts and peanut butter substitutes, were on hand to give out samples and answer questions from the walkers. Large companies were on hand to do the same. Both Twinject's and EpiPen's parent companies were on site handing out giveaways (t-shirts,

hats, water bottles, fanny packs for medicine) and information, including free instructional videos for both devices. So join the walk today and become a part of the Food Allergy Support Group of Monmouth County's team.

The Food Allergy & Anaphylaxis Network's Walk for Food Allergy: Moving Toward A Cure will be held Sunday, October 14.

www.foodallergywalk.org

2007–2008 FASGMC Member Information

We are in the process of updating our member files and collecting membership dues for the 2007-2008 year. Our yearly membership fee is \$10.00. Benefits of membership include the quarterly newsletter (we will no longer mail newsletters to unpaid members,) guest speakers, fun-filled foodless activities for our kids, and upcoming events related to food allergies.

\$10 check enclosed for 2007-2008 Food Allergy Support Group of Monmouth County family membership

Parent's Name

Address

Phone (day)

Phone (Eve)

E-mail

Cell Phone

Please add my e-mail to the yahoogroups e-mail discussion list I do not wish to be added to the yahoogroups list, but would like to be notified by e-mail of upcoming events

(1) Child's Name

Date of Birth

Food Allergy(ies)

(2) Child's Name

Date of Birth

Food Allergy(ies)

(3) Child's Name

Date of Birth

Food Allergy(ies)

Pediatrician

Allergist

Topics of interest you would like to discuss at future meetings:

Would you be available, in the future, to provide telephone support to a parent of a newly diagnosed food allergic child?

All information collected is for mailing and phone support purposes only. Our list will be kept confidential and will not be given out without your consent.

We have been asked in the past to share our member list with other area non-profit group whose focus is relevant to food allergies. Would you like to receive information from other groups?

YES, please share my contact information with other groups NO, please keep my information confidential

Please fill this out and bring it to the next meeting or mail to:

Kim Wester, 75 Boulevard West, Cliffwood Beach, NJ 07735