

Vermont Asthma Program

Helping Vermonters Breathe

Easier

March 2016

Greetings from the Vermont Asthma Program!

This quarter's newsletter is focused on asthma in schools and colleges. It is brought to you by the Vermont Department of Health's Asthma Program Manager, Quentin Reynolds.

Vermont Asthma Program Newsletter: College and Children Edition

This quarter's newsletter focuses on college and children with Asthma.

Here are some tips for the college-bound:

- * Meet with staff and create an asthma plan. Stress can be a trigger for asthma attacks. An asthma plan can include building in time for stress reducing activities including yoga, exercise, meditation and time to unwind.
- * Know what triggers your allergic disease and stay away from these allergens. Be aware of signs that you need to seek medical attention.
- * All students with asthma should be diligent about staying away from college environments where smoking is occurring or where there is the smell of cigarette smoke (called thirdhand smoke which also contains harmful chemicals). More and more colleges and universities are becoming smoke or tobacco free to create a healthier environment for students and staff. Talk to your school administrator if exposure is a concern.
- * Keep prescriptions filled and up-to-date. Always have your medications on hand, including your quick-relief inhaler.

Hookah smoking remains a threat to adolescent and young adult populations as its popularity continues to grow, primarily due to widespread availability and lack of restrictions on establishments. In a recent study by the University of Pittsburgh, hookah use surpassed that of cigarette smoking in the student population.¹

<http://www.nytimes.com/2014/11/25/health/hookah-as-health-risk-still-qualifies-as-smoking.html>

The Vermont Department of Health recently released an health advisory on e-cigarettes for allied health professionals. The brief can be circulated among health care teams calling attention to the potential harms of using electronic cigarettes including nicotine addiction, exposure to chemicals, and guideline practice.

[E-Cig Fact Sheet](#)

Upcoming Asthma Advisory Panel

Asthma Advisory Panel Meeting
May 2016

Contact
[Quentin Reynolds](#)
with questions.

Free Continuing Education Credits!

Tobacco Cessation: Helping Providers Work with Patients to Quit (Webinar)

Presented by Dr. Amy Lukowski, Clinical Director at National Jewish Health, this webinar provides the essentials of smoking cessation for patients who use tobacco.

The Vermont Department of Health and National Jewish Health are pleased to offer this free CME/CNE educational activity for health care providers throughout Vermont.

Instructions for receiving credit are provided in this link.

Did you know?

- There are approximately 17.5 million full- and part-time college students in the United States and 42,000 in Vermont.
- About 9% of college students report having been diagnosed with asthma, according to

Patient Access Network Foundation and American Lung Association Announce New Alliance to Provide Holistic Support for Patients

<http://www.panfoundation.org/news-article-list/387-patient-access-network-foundation-and-american-lung-association-announce-new-alliance-to-provide-holistic-support-for-patients>

1. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3626777/pdf/1471-2458-13-302.pdf>

Asthma in the News - March 2016

[Children with asthma suffer worse symptoms when school reopens](#)

Researchers found that children's asthma symptoms tend to worsen when school starts in the fall and reopens after long holidays such as spring break because of the spread of cold viruses and being exposed to children with colds. The findings in the Proceedings of the National Academy of Sciences were based on an analysis of 66,000 asthma-related hospitalizations of children in Texas over seven years.

Taking Acetaminophen during pregnancy is associated with a slight increase in the risk for asthma in offspring, a [new study](#) has found.

Norwegian researchers used health data on 95,200 pregnant mothers between 1999 and 2008, and followed 53,169 of their children after birth. The mothers completed questionnaires on medication use for themselves and their children.

After controlling for various health and behavioral characteristics, they found that prenatal exposure to Tylenol was associated with a 13 percent increased risk for asthma at age 3. The more Tylenol the mother had taken during pregnancy, the higher the risk.

The study, in the International Journal of Epidemiology, was designed to minimize the possibility that the increased risk was caused by an illness rather than by the Tylenol itself. The association persisted whether the mother took the medicine for pain, fever, flu or any other respiratory tract infection.

"Based on this modest increased risk, there is no need to be concerned if a child has been exposed," said the lead author, Maria C. Magnus, of the Norwegian Institute of Public Health. "It might be possible to limit the amount of Tylenol used, but mothers should not be afraid to use it when necessary."

According to the Centers for Disease Control and Prevention, 65 percent of pregnant women use Tylenol.

the American College Health Association (ACHA).

- Twenty-two percent of college students have allergies, according to the ACHA.
- A recent study of college students with food allergies found that only 3.5% had informed campus dining services of their allergies.
- 22% of Vermonters aged 18-34 smoke while the state prevalence is 18%

Fact Sheets

[NEW! Rutland Success Story](#)

[NEW! Children and Asthma](#)

[Asthma Control issue brief](#)

[Smoking Then and Now](#)

[Secondhand Smoking](#)

[Women and Smoking](#)

[Smoking and Reproduction](#)

[MAPLE Plan for Controlling Asthma](#)

[Managing Air Quality in the School Environment](#)

[Healthy Cleaning and Asthma-Safer Schools](#)

[Asthma Triggers in the Classroom](#)

Publications

[Asthma Data Pages](#)

[Vermont State Asthma Plan](#)

[The Burden of Asthma in](#)

Upcoming Events

Vermont

[Healthy Vermonters 2020](#)

Quick Links

[VDH Asthma Program](#)

[Controlling Asthma](#)

[Tools for Managing Asthma](#)

[Asthma Surveillance](#)

[Resources & Information](#)

[Envision Program](#)

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At LUNG FORCE Expo, you will find:

- Educational programs for patients and professionals
- Inspirational speakers
- Exhibitors and supporters
- Materials and resources
- Continuing education credit for nurses, respiratory therapists and certified health educators.

Registration for the health care professional program is \$75.00, and includes continental breakfast and lunch. The program fee is \$20.00 for patients and \$10 for caregivers which includes continental breakfast and lunch. For more information and registration, visit <http://action.lung.org/burlingtonexpo>

For information about sponsorship and exhibits, please contact Kristen Brassard, kbrassard@lungne.org or 802-876-6866. For program questions, contact Rebecca Ryan, rryan@lungne.org or 802-876-6860.

Please keep in touch!

Let us know if you have any questions -- or if there is an asthma-related issue you would like to know more about.

Take care,

Quentin

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