



Allergies and Asthma

This month in THE GREAT BODY SHOP, your son or daughter studied allergies and asthma. The lessons covered:

- Lesson 1:** About Allergies
- Lesson 2:** Feeling Good about You
- Lesson 3:** Risks to Your Health and Safety
- Lesson 4:** First Aid for Allergies and Asthma

Did You Know That . . .

About 90% of all asthma in children is caused by allergies? (*New England Journal of Medicine* statistic.) Allergies and asthma are responsible for more school absences and hospital stays among children than any other condition.

If Your Child Has Asthma . . .

These guidelines from The American Lung Association can be helpful:

- Visit a doctor for treatment.
- Don't give any medication without your doctor's approval.
- Help your child to relax when tense or when having an asthma episode. Together, practice slow, deep-breathing exercises. Set an example by remaining calm during asthma episodes.
- Encourage your child to be active. If exercise aggravates asthma, taking prescribed medicine beforehand may help.
- Give your child household jobs. It is important to be a productive member of the family.
- Don't keep him/her from playing with friends. Social isolation can be emotionally harmful to a child.

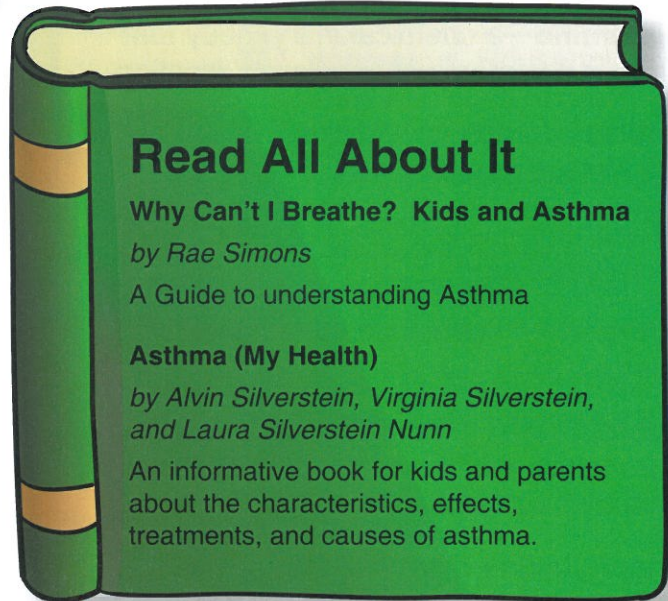


Answers to "ACHOOO!":

1. allergen
2. histamine
3. milk, nuts, shellfish, eggs, wheat, peanuts
4. antibodies made after an encounter with an allergen

Should You Buy an Air Filter?

Air filters (or purifiers) have been designed to get rid of smoke and dust. But don't count on them to completely remove the tiny pollen, mold spores, dust mites, or dander that cause allergy symptoms. In studies, air filters helped only when placed directly above a child's head at night. (Univ. of CA/Berkeley Wellness Letter.) For more information visit: The American Asthma Association at www.aafa.org.



Answers to The Puzzler's Challenge!

B	K	L	T	F	P	L	M	N	B	G	P
Z	Q	L	N	D	T	Y	L	P	M	N	Q
L	A	E	S	N	A	I	D	I	A	V	R
A	I	O	C	N	D	I	D	E	W	O	E
O	I	O	T	U	R	D	A	N	D	E	V
L	A	S	A	I	A	Y	U	T	U	R	E
U	A	Y	N	A	I	W	Q	M	O	P	F
O	P	M	I	M	L	A	Z	O	A	I	Y
S	E	O	L	E	I	C	H	N	O	B	A
S	O	J	O	S	C	O	B	E	N	P	H
Z	I	G	L	A	A	V	A	I	H	I	A