Weill Cornell Medicine Pediatric Asthma Program

Asthma Newsletter - Summer 2024

A collaboration between NewYork-Presbyterian/Weill Cornell Medicine and NewYork-Presbyterian Queens

Clean Air - Healthy Lungs

Stefan Worgall, M.D., PhD.

Air quality is an important factor for healthy lungs. Many studies have shown that cleaning up air pollution is helpful for lung growth and lung health in infants and children. This is especially important for children with asthma who may be spending a lot more time outside during the summer months.

Hot weather leads to an increase in air pollutants which can trigger asthma attacks. While asthma attacks are usually less frequent during the summer (most attacks are triggered by respiratory viruses),

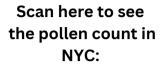
children who participate more in outside activities in the heat may experience difficulty with their breathing. Children who have asthma that can be triggered by exercise or allergies should be aware of their triggers and carry their asthma medications during outdoor activities. If the air quality is too bad, like the Canadian wildfires from last year, it is best to stay inside and not engage in too strenuous outdoor activities.

While we have less immediate influence on the outside air quality, it is important to support measures and policies to decrease air pollution and global warming.

Tips for Travel and Camping

Summertime means more time spent outdoors and traveling. If you have asthma or allergies, here are some tips to consider before your next vacation!

- If you have allergies, check the pollen count in the area where you will be staying.
- Pack your medicine! This includes your inhaler, spacer, and first aid kit. If you have allergies, remember to take your allergy medication, tissues, eye drops, and EpiPen!
- Let your fellow campers/travelers know about your asthma and allergies and how they can help in an emergency.
- Deep-clean your camping tent to make sure there is no dust or mold.
- If smoke is an asthma trigger for you, avoid standing too close to campfires. If you cannot avoid it, change into clean clothes as soon as possible.
- Consider bringing dust mite covers for your pillows.
- Research where the closest emergency room or healthcare clinic is to your vacation site.
- Talk to your health care provider about ways you can manage your asthma and allergy symptoms!









Let's talk about allergy medications taken by mouth (aka oral antihistamines)!

There are two types of oral antihistamines that can be used, but we generally prefer using ones that will make you less sleepy. These are also known as <u>second generation</u> <u>antihistamines</u>, and they include (listed by the active drug name and brand name):



Cetirizine (Zyrtec)



Desloratadine (Clarinex)



Levocetirizine (Xyzal)



Loratadine (Claritin)



Fexofenadine (Allegra)

As for side effects, you can still expect some drowsiness, but less than <u>first generation</u> <u>antihistamines</u>, such as: diphenhydramine (**Benadryl**), hydroxyzine (**Vistaril**) and more. Other side effects include dry eyes and headaches.

If these do not work, speak to your health care provider about adding fluticasone (**Flonase**), which may help allergy symptoms.

Please refer to the directions on the packaging or speak with your pharmacist or health care provider about how to take the medications listed above.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

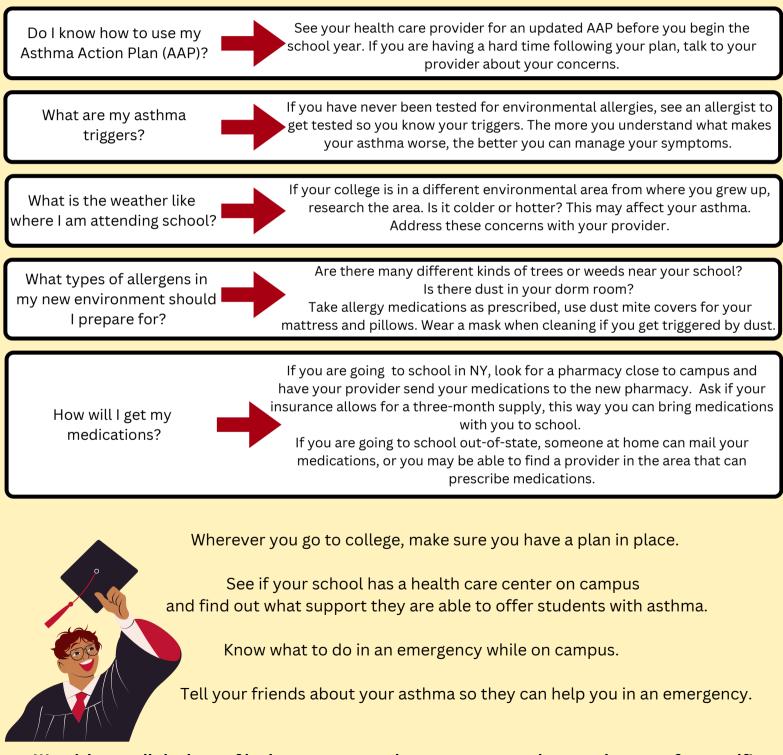
See if you qualify for a free air conditioner or fan! Applications open: **April 15, 2024 - August 31, 2024**



To apply, ask your child's health care provider for medical documentation of their asthma. Getting Ready for College: Managing asthma when you are away from home

Leaving home for college is the start of adulthood for many people. It may be the first time you are living away from your home and family. Living independently can be exciting and a bit scary tooespecially when you have asthma. You can do it! You can prepare yourself and your environment to improve your quality of life.

Here are some things you should ask yourself:



We wish you all the best of luck on your new adventures - remember to take care of yourself!

Word Scramble

LERYAGL	
MAIISAENHTTNI	
BDRLYANE	
OPLTOLIUN	
EGITRGR	
IICTANLR	
ICEARMFP	
NLLOPE	
IAR TQUYLAI	
ECITGSOONN	
RCYETZ	
RDOOOTUS	
DLWRFEII	
NAALS	
AIR QUALITY ZYRTEC OUTDOORS CAMPFIRE BENADRYL ALLERGY ANTIHISTAMINE	NASAL WILDFIRE CONGESTION CLARITIN TRIGGER POLLUTION POLLEN



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For more asthma resources, visit our program website or contact: PedsAsthma@med.cornell.edu

