

Smoke Free Homes Champions Symposium Program provides ETS education

Raising awareness of the negative health effects environmental tobacco smoke (ETS) has on children, especially those with allergic disease, and helping healthcare professionals create regional action plans to reduce children's exposure to ETS was the goal of the recent Smoke Free Homes Champions Symposium. The Symposium was the second segment of the three-year Smoke Free Families campaign, a partnership of the AAAAI and the American Academy of Pediatrics (AAP).

"Our main goal for the Smoke Free Homes Symposium was education and we achieved it. Participants departed with energy and enthusiasm," said **Stanley Goldstein, MD, FAAAAI**, Chair of the Practice & Policy Division of the AAAAI Board of Directors and Symposium presenter. "I feel confident that they returned to their communities ready to implement grass roots efforts and provide local healthcare professionals with the essential building blocks to reduce children's exposure to environmental tobacco smoke."

During the Symposium, participants were divided into small groups that worked together to identify their own knowledge and attitudes about ETS and environmental health. Information on the current state of public knowledge, research, barriers, issues and problem solving/action plan development were also presented. Each small group developed its own action plan and set commitments for what participants will do in their own communities to raise awareness of the benefits of smoking cessation and other ETS reduction methods.

"As allergist/immunologists, we need to broaden our horizons, and focus on the importance of reducing indoor irritants and smoking cessation education," said **Jonathan Bernstein, MD, FAAAAI**, Symposium participant. "It's important to support patients through the five A's of smoking cessation: ask, advise, assess, assist and arrange. I am hopeful that this campaign will yield a practical instrument for the clinical practitioner, so we can take what we learned and incorporate it into our patient education processes."

AAAAI and AAP representatives plan to approach the Flight Attendant Medical Research Institute (FAMRI) for additional funding of regional ETS awareness and smoking cessation efforts to provide support for local "champions" efforts in their communities.

The two-day, invitation-only symposium included more than 80 attendees, with a mix of healthcare professionals in private practice and academia, including pediatricians, pediatric allergist/immunologists, residents and allied health professionals.

The third segment of the Smoke Free Families campaign begins this summer as a new Web site, www.kidslivesmokefree.org, is launched. The Web site will be devoted to the reduction of pediatric secondhand smoke exposure. Information from the Symposium, including educational materials on ETS and smoking cessation will be available.

"Environmental tobacco smoke seriously affects patients with asthma and allergic disease," Goldstein said. "In collaboration with the AAP, the AAAAI is working to garner support from the American Academy of Family Physicians (AAFP) and the American College of Obstetricians and Gynecologists (ACOG) to develop a well-rounded group of key players in this important campaign. It is essential that we educate ourselves, parents and caregivers about the importance of smoking cessation."

The Smoke Free Families campaign is funded through a \$900,000 grant from the U.S. Environmental Protection Agency (EPA).

AAAAI representatives attending the Smoke Free Homes Champions Symposium included:

Jonathan A. Bernstein, MD, FAAAAI - Cincinnati, OH
Don A. Bukstein, MD - Madison, WI
Soheil F. Chegini, MD, FAAAAI - Hershey, PA
David B. Coutin, MD - Bend, OR
Sandra M. Gawchik, DO, FAAAAI - Chester, PA
Stanley Goldstein, MD, FAAAAI
David S. Gourley, MD, FAAAAI - Salt Lake City, UT
William A. McCann, MD - Asheville, NC
Krithika Ramadas, MD, FAAAAI - Thousand Oaks, CA
Diane E. Schuller, MD, FAAAAI - Hershey, PA
James M. Seltzer, MD, FAAAAI - Rancho Santa Fe, CA
Karl V. Sitz, MD, FAAAAI - Little Rock, AR
Marjorie L. Slankard, MD, FAAAAI - New York, NY
Michael S. Tankersley, MD, FAAAAI - Anchorage, AK
Arthur J. Torre, MD - Fairfield, NJ
James M. Tracy, DO, FAAAAI - Omaha, NE
Andrew G. Weinstein, MD, FAAAAI - Newark, DE
Paul V. Williams, MD, FAAAAI - Mount Vernon, WA



Visit www.kidslivesmokefree.org
 to learn more about the
 reduction of pediatric secondhand
 smoke exposure.

World Allergy Day – July 8 Encourage awareness, promote education

AAAAI members may help increase the visibility of allergy/immunology among the public and other related specialties by joining with the World Allergy Organization (WAO) to proclaim July 8 as World Allergy Day.

World Allergy Day provides with an opportunity to encourage awareness and education of allergic disease within your community. The WAO developed a promotional kit containing resources that AAAAI members may customize for their practice.

The kit contains:

- Proclamation

- Sample news release
- Sample media advisory
- Sample article for newsletter
- World allergy statistics
- National data on the prevalence of allergic disease
- Patient information sheets

The World Allergy Day promotional kit is available in the Members Center of AAAAI Web site, www.aaaai.org. For more information, contact info@worldallergy.org.

The AAAAI is a WAO member society.

