

Summer 2010



# MOCHA

Mothers of Children Having Allergies



[www.MOCHAllergies.org](http://www.MOCHAllergies.org)

**Founders:**

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Associated Allergists  
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Children's Memorial Hospital

**Meeting Dates:**

MOCHA meets on the second Monday of the months of September, November, January, March, and May at Highland Park Hospital, 777 Park Avenue West, Highland Park, IL 60035, Meeting Room 2 in the basement, 7-9 pm. Upcoming meetings:

- September 13, 2010
- November 8, 2010
- January 10, 2011
- March 14, 2011
- May 9, 2011

**Non-Allergic Food for Thought:**

The world is not free of Milk, Egg, Peanut, Tree nut, Wheat, Soy, Fish, Shellfish. It is our job as parents to give our children the **Education, Encouragement, Experience and Enthusiasm** to get out there and live their lives to the fullest—safely.

**Disclaimer:**

MOCHA is not a professional or medical organization. It is a group of parents sharing information and supporting each other. The discussions, meeting minutes, handouts, speakers, and other products of our support group do not constitute medical and/or legal advice and should not be relied upon as such. Always discuss individual health questions and medical issues with a qualified personal physician.

**MEMBERSHIP INFORMATION:** We'd love to have you join MOCHA! You'll be included in our email list and receive all the communications we distribute throughout the year. Please email our membership coordinator, Constance Felten, at [membershipinfo@MOCHAllergies.org](mailto:membershipinfo@MOCHAllergies.org) with your name, address, phone number and email address to be added to our membership list.

**DUES UPDATE:** In light of the country's struggling economy and the personal impact it has on so many families, MOCHA has decided to discontinue collecting membership dues! MOCHA will no longer send out the large bi-yearly paper mailing packets, however we will continue to produce periodic newsletters which will be posted on the MOCHA website, [www.MOCHAllergies.org](http://www.MOCHAllergies.org), as well as emailed to the MOCHA-Talks email list, and we'll continue to send out email blasts with relevant allergy news and information.

**GUIDELINES FOR MANAGING LIFE-THREATENING FOOD ALLERGIES IN ILLINOIS SCHOOLS:** Success! **Background:** The Illinois School Code has been amended to provide that not later than July 1, 2010, the State Board of Education in conjunction with the Department of Public Health, shall develop and make available to each school board guidelines for the management of students with life-threatening food allergies. The guidelines will include education and training for school personnel, procedures for responding to life-threatening allergic reactions to food, a process for the implementation of individualized health care and food allergy action plans for students with life-threatening food allergies, and protocols to prevent exposure to food allergens. Each school board will be required to implement a policy based on the guidelines by January 1, 2011.

**An ad-hoc committee** was formed last fall to develop the guidelines in conjunction with the Illinois State Board of Education. We are pleased to report that after months of best-practice study and revision, the guidelines are DONE! See: [www.isbe.net/nutrition/htmls/food\\_allergy\\_guidelines.htm](http://www.isbe.net/nutrition/htmls/food_allergy_guidelines.htm). There is also a link to the guidelines on the MOCHAllergies.org website under the Take Action tab. Many thanks to Denise Bunning, Shelley DeRousse, Kristin Kamon-Miller and Christine Szychlinski for the countless hours they spent developing the guidelines for the Illinois State Board of Education and Department of Public Health.

**KEYCHAIN/BRAZOLET FOR A CURE:** As a personal expression of thanks for donating \$100 or more in honor of MOCHA to Children's Memorial Hospital, Allergy Division; FAAN; or FAI Chicago, Denise Bunning would like to give donors a special food allergy keychain that she designed in collaboration with She Beads. The keychain/bracelet has a bead denoting each of the nine most common food allergens and is valued at \$25. You can give Denise a check made out to any of these three organizations (Children's Memorial, FAI Chicago or FAAN) at any MOCHA meeting and she will forward it on, or donate at any of the organizations' websites.



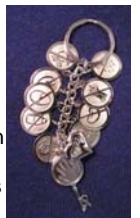
**FOOD ALLERGY STUDY: Children's Memorial Hospital Food Allergy Study Update**

The Children's Memorial Food Allergy Study is going strong with a big push in 2010 to reach its goal of having 1,000 families participate in the study.

**Here's what's new:**

- The Study recently received a groundbreaking new grant from the National Institute of Health to do genetic analysis that will be the first of its kind in the country. As of May 2010, over 800 families have enrolled! The research team is still looking for another **225 families** to participate by the end of the year.
- Study visits are now being conducted at Glenbrook Hospital in Glenview.
- Evening appointments now available at Chicago Children's (as late as 5:00 pm); Saturday appointments are offered once a month.
- The study is able to coordinate the blood draw with your pediatrician or allergist so there is only one poke.

The study team is seeking families from all over the U.S. to join, not just the Chicago metropolitan area. An eligible family has at least one food allergic child under the age of 21, and both biological parents willing to participate. Participation consists of a **one-time visit** at Children's Memorial Hospital in Chicago, with optional follow-up visits every one to two years. Visits last only about two hours, are free, medical care or insurance are not impacted in any way, and participation is completely voluntary. Participants receive Target gift cards, validated parking, and goody bags for the kids as well as this beautiful keychain. You will receive a complete report and RAST results for each participant.



**What is the situation?**

- Peanut allergy occurrence has doubled in the past 5 years; food allergy now affects an estimated 6-8% of children in the United States.
- With the incidence of food allergies increasing so rapidly, the triggers and underlying causes of this condition need to be identified.



**FOOD ALLERGY STUDY (cont'd):**

- Diagnostic tools are unreliable.
- Avoidance of food allergens is currently our only solution.
- We don't understand the who, why, or when of food allergy.

**Why are 1,000 trio families needed for the study?**

- To do a unique genotyping analysis, the first of its kind in the country
- To have sufficient statistical power to do a genetic analysis and be able to study more than a million genetic markers and environmental exposures that potentially affect food allergy.
- To build a solid foundation on which to determine the causes, find better diagnostic and treatment methods for, and eventually maybe even find a cure for food allergy.
- To research the role of genetics, the environment AND the immune system on food allergy

**What can you do?**

- Enroll your family in the study.
- Tell someone about the study. Do you know a friend, relative, neighbor or acquaintance with food allergic kids (anywhere in the country)? Share your experience!

So the next time you see a friend, family member, or doctor who shares your concerns about raising kids with food allergies, ask them to call **1.888.573.1833** or email [allergystudy@childrensmemorial.org](mailto:allergystudy@childrensmemorial.org) for more information. **The study needs to reach its goal by the end of 2010!** Doing something that simple can have a big impact on our understanding of the causes of food allergies in children. Leslie Lesner, Community Outreach Coordinator for the Food Allergy Study, is available to speak to your local support group about the study and the urgent need to participate. She can be reached at 312-579-7919. Let's get the word out!

**FOOD ALLERGY INITIATIVE (FAI):**

Check out FAI'S New Awareness Video at [www.fai.mpilp.net/p1/](http://www.fai.mpilp.net/p1/). FAI also has many other awareness videos on YouTube. Go to [www.youtube.com/faiusa](http://www.youtube.com/faiusa) to view other videos or use the link from the [www.faiusa.org](http://www.faiusa.org) homepage.

As part of Food Allergy Awareness Week (May 9-15, 2010), FAI announced the launch of its "Give It Up" national advocacy campaign to encourage children, parents, families and friends to show their support for the millions of Americans with food allergies by abstaining from eating a favorite food during the week. As part of the campaign, participants were invited to join FAI's Facebook community and to write their elected officials in an effort to raise more awareness about the need to find a cure for food allergies.

FAI's Eleventh Annual New York Spring Luncheon was held on Wednesday, April 21, 2010 at Cipriani 42nd Street. A record number of guests—nearly 700 people—attended the event, which raised more than \$750,000. Dr. Hugh Sampson of the Elliot and Roslyn Jaffe Food Allergy Institute, Mount Sinai School of Medicine, was the guest speaker. All proceeds will benefit FAI's research activities and educational programs aimed at effectively treating and raising awareness of life-threatening food allergies.

FAI CHICAGO will host its 3<sup>rd</sup> Annual Benefit on Saturday, November 13, 2010, at the River East Arts Center in Chicago. This year's event honors Linda Levinson Friend and Bill Friend. Guests will enjoy an elegant event with the opportunity to bid on hundreds of amazing silent auction items. Last year's event was a great success, raising more than \$1.1 million for food allergy research and education. Go to [www.faiusa.org](http://www.faiusa.org) and click on the Locations tab to learn more about this event and how you can get involved.

FAI NEW YORK will hold its 13<sup>th</sup> Annual Food Allergy Ball on Monday, December 6, 2010, at the Waldorf Astoria.

**FOOD ALLERGY AND ANAPHYLAXIS NETWORK (FAAN):**

FAAN Chicago 2010 Walk Chair Berenice Lagrimas attended the May MOCHA meeting and filled us in on the FAAN walk scheduled for Sunday, October 17, 2010, in Lincoln Park. Sponsors, participants and volunteers are all needed to make this event a success. Go to [www.foodallergywalk.org](http://www.foodallergywalk.org) for details. Last year's walk raised over \$88,000, with more than 1,000 people participating.

FAAN's 17th Annual Conference, Respect Every Bite, was held on Saturday, May 22, 2010, at Hamburger University in Oak Brook. Check out [www.foodallergy.org](http://www.foodallergy.org) for the latest FAAN information.

**KIDS CHANGING THE WORLD:** On Memorial Day, young Susan Tatelli of Highland Park, Illinois, and several of her friends participated in a Read-A-Thon to raise money for FAI. Over 200 pledges were received, ranging from 5 cents per page to \$1 per minute to a lump sum pledge of \$500! Susan read for a total of 12 hours and 12 minutes. Susan's dad created a great website to chronicle the Read-A-Thon project, [www.read-a-thon.squarespace.com/front-page/](http://www.read-a-thon.squarespace.com/front-page/). Congratulations to Susan for organizing this wonderful event and to all of the readers for their participation and enthusiasm. Great job!

**PEANUT-FREE NIGHTS AT THE BALLPARK:** Both the Kane County Cougars ([www.kccougars.com/promotionsjuly.html](http://www.kccougars.com/promotionsjuly.html)) and the Lake County Fielders ([lakecountybaseball.com](http://lakecountybaseball.com)) are hosting peanut-free nights. The Cougars' game is Wednesday, July 14, at 6:30 pm. The Fielders' have two dates: Monday, July 26, at 7 pm and Tuesday, August 31, also at 7 pm. Check the MOCHAllergies.org website, News tab, for the Fielders' flyer and order form or the Fielders' website. You can purchase tickets to the Cougars' game on their website. As always, please reconfirm dates and times directly with these organizations, as schedules do change. Lastly, check out the [www.peanutfreebaseball.com](http://www.peanutfreebaseball.com) blog which tracks peanut-free and food allergy friendly baseball games around the U.S. and Canada.



milk



egg



tree nut



shellfish



peanut



fish



soy



wheat



seeds

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**GETTING MORE INFO:**

We suggest making sure to spend some time visiting these websites. Especially if you're new to MOCHA!

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| <a href="http://www.FAIUSA.org">www.FAIUSA.org</a>                               | <a href="http://www.ChildrensMemorial.org/Depts/Allergy">www.ChildrensMemorial.org/Depts/Allergy</a> | <a href="http://www.Allergists-Asthma.com">www.Allergists-Asthma.com</a>         |
| <a href="http://www.AllergyMoms.com">www.AllergyMoms.com</a>                     | <a href="http://www.MedicAlert.org">www.MedicAlert.org</a>   | <a href="http://www.FoodAllergy.org">www.FoodAllergy.org</a>                     |
| <a href="http://www.POCHAofWillCounty.com">www.POCHAofWillCounty.com</a>         | <a href="http://www.KidsWithFoodAllergies.org">www.KidsWithFoodAllergies.org</a>                     | <a href="http://www.AllergicLiving.com">www.AllergicLiving.com</a>               |
| <a href="http://www.LivingWithout.com">www.LivingWithout.com</a>                 | <a href="http://www.IllinoisFAEA.org">www.IllinoisFAEA.org</a>                                       | <a href="http://www.POCAofDuPage.org">www.POCAofDuPage.org</a>                   |
| <a href="http://www.ThriveAllergyExpo.com">www.ThriveAllergyExpo.com</a>         | <a href="http://www.Divvies.com">www.Divvies.com</a>   | <a href="http://www.CIFAN.org">www.CIFAN.org</a>                                 |
| <a href="http://www.FoodAllergyWis.org">www.FoodAllergyWis.org</a>               | <a href="http://www.MinnesotaFoodAllergy.org">www.MinnesotaFoodAllergy.org</a>                       | <a href="http://www.SanDiegoFoodAllergy.org">www.SanDiegoFoodAllergy.org</a>     |
| <a href="http://www.FoodAllergySmart.org">www.FoodAllergySmart.org</a>           | <a href="http://www.AllergicChild.com">www.AllergicChild.com</a>                                     | <a href="http://www.FoodAllergyAdvocate.com">www.FoodAllergyAdvocate.com</a>     |
| <a href="http://www.VermontFoodAllergyOrg.org">www.VermontFoodAllergyOrg.org</a> | <a href="http://www.PAKCharlotte.org">www.PAKCharlotte.org</a>                                       | <a href="http://www.BestAllergySites.com">www.BestAllergySites.com</a>           |
| <a href="http://www.FoodAllergySupport.net">www.FoodAllergySupport.net</a>       | <a href="http://www.AAFA.org">www.AAFA.org</a>   | <a href="http://www.LisaCooksAllergenFree.com">www.LisaCooksAllergenFree.com</a> |



milk



egg



tree nut



shellfish



peanut



fish



soy



wheat



seeds

**EE: Eosinophilic Esophagitis**—Check out [www.apfed.org](http://www.apfed.org) and [www.curedfoundation.org](http://www.curedfoundation.org) for more info.

**REMEMBER:** Always consult with your own doctor about information you receive on the internet. If it sounds too good to be true, unfortunately it probably is not true.

**PREVIOUS MEETINGS:** All of these presentations are available on the [www.MOCHAllergies.org](http://www.MOCHAllergies.org) website under the Meetings tab.

**May 10, 2010: Peter Lio, MD,** Director of the Eczema Care & Education Center, spoke about the connection between food allergies and eczema, and how alternative therapies like acupuncture have seen increased interest by physicians. Dr. Lio also shared some thoughts on the best products to use on ultra-sensitive skin and the importance of using sunscreen.

**March 8, 2010: Chef Sunshine Best** encouraged us to take charge of our recipes and advised us on what to substitute for common food allergens. Her presentation includes a list of these substitutions. She also prepared a couple of dishes for all to share. There was even chocolate cake.

**January 11, 2010: Katy Schmeissing, MS, RN,** Food Allergy Community Educator, Children's Memorial Hospital Division of Allergy, talked about CMH's mission to provide research-based food allergy education to the community and the goal of educating school staffs, park district staffs, etc., on how to create a safer environment for the food-allergic children they serve.

**November 19, 2009: Kelly Newhall, MD,** Chicago Family Asthma & Allergy, discussed H1N1 and seasonal flu and their effects on the asthmatic/allergic child. Christine Szychlinski, APN, CPNP, demonstrated the new, redesigned EpiPen which now features a roll-proof barrel and a guard to cover the needle after use. There is a link on the left side of the [www.epipen.com](http://www.epipen.com) home page on how to use the EpiPen Auto-Injector.

**September 14, 2009:** Our guest speaker was **Dr. Rachel Story**, Attending Physician, Allergy & Immunology Department at Children's Memorial Hospital, who presented on Food Allergy Research.

**SCHOOL RESOURCE GUIDES:** In addition to the Illinois State Guidelines for Managing Life-Threatening Food Allergies in Illinois Schools, we have links to examples of school guidelines for Illinois Districts 39 and 67 on the [MOCHAllergies.org](http://www.MOCHAllergies.org) website under the Resources tab. Consult your local school district's website for the procedures in place for your child's school.

**504 PLANS:** If you are interested in purchasing a CD with Sample 504 plans, POCA of DuPage has a CD they prepared. Please send your name/address/phone number to Kristin Miller, Co-Leader of POCA of DuPage, by emailing her at: [kamonmiller@gmail.net](mailto:kamonmiller@gmail.net).

**POWER EMAIL:** Thanks to Tom Donovan for helping to keep us all informed. If you are not getting your power emails, your email address is changing, or you wish to be deleted from the email list, please send an email to [membershipinfo@MOCHAllergies.org](mailto:membershipinfo@MOCHAllergies.org).

**MOCHA WEBSITE:** We are continually updating the MOCHA website, and we want your suggestions for upcoming speakers, restaurants, camps, etc.! What should we include that would be most helpful? Send your suggestions to Denise at [dbunning@comcast.net](mailto:dbunning@comcast.net), with "Website Suggestions" in the subject line. Thanks!

**ARTICLES TO SHARE:** Please continue to send articles that you'd like to share with the group to Denise at [dbunning@comcast.net](mailto:dbunning@comcast.net).

**ALLERGY FRIENDLY RESTAURANTS:** Please continue to send us information on local, Illinois allergy friendly restaurants.

As always, stay safe. See you soon!  
Denise and Anne



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