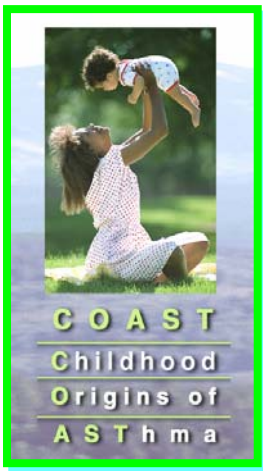


COASTing NEWS.... Late Summer 2008

Thank you to all our families for making the COAST gymfinity party a fabulous occasion for us all!! Enjoy the picture!



UW Hospital Mailing Reminders

At your child's 9 year visit, we are completing the Plethysmography procedure or the body box breathing game. We are using the UW Hospital Pulmonary Function Lab equipment and technicians to complete this procedure. Because of this, your child will automatically receive a UW Hospital Reminder letter due to us scheduling time with them. **PLEASE, IGNORE THIS MAILING.**

RhinoGen

Dr. Jim Gern, our virus guru, is very interested in the number of viruses that the community carries around with them. He is also interested in learning whether these viruses cause us to have cold symptoms or not. Or, if these viruses make those with asthma have worse asthma symptoms. For this reason, we are recruiting children between the ages of 4 to 12 with and with**OUT** asthma to participate in a one year long study: 2 study visits at the University of Wisconsin Hospital, 2 serial nasal sample seasons, and nasal samples at time of illnesses. Please, pass the attached flyer to your friends that may be interested in participation.

COAST "Newbies"

Drs. Rob Lemanske and Jim Gern want to add members to the COAST family. Children with asthma who are between the ages of 8 to 10 **AND** have parents with either asthma and/or allergies are invited to participate in this study. "NEWBIES" will join the COAST children in completion of study visits here at the UW Hospital. Please, share this information with family and friends who may be interested in learning more about asthma.

Comings

Gemma Gliori joined the COAST team in June. She has her master's degree from the University of Wisconsin - Madison in Environmental Epidemiology. Before joining COAST, she was working in a Neuroimaging Lab that was studying early brain changes that occur in people at risk for Alzheimer's Disease. Thank you Gemma for joining our team.

Sick Visit Reminders

Just to remind you, if your child catches a cold, remember to please contact COAST at 263-8539, or toll-free at 1-877-947-2229. Otherwise, we hope that you are enjoying the summer months!



Kids Korner

Fill in the Blank

What do you know about asthma?

1. Asthma affects our _____.
2. Bronchodilators or an _____ helps people with asthma who are having difficulty breathing.
3. An inhaler, like albuterol is called a _____ medication.
4. To prevent needing a rescue medication, people with asthma should follow their _____ orders.
5. Some doctors will ask their patients to monitor their lung volume daily with a _____.

What do you know about allergies?

6. Some people's bodies make _____ when they come in contact with animals or pollen.
7. Antihistamines or allergy medication can help stop your allergy _____.
8. If you are allergic to _____, you are allergic to things that grow outside, like trees, flowers, weeds and grass.
9. Allergy symptoms can be _____, runny nose or itchy eyes.
10. To help get rid of _____ allergies, your bed sheets should be washed in hot water.

Use the words that you filled the blanks with in the word search. (any direction)

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