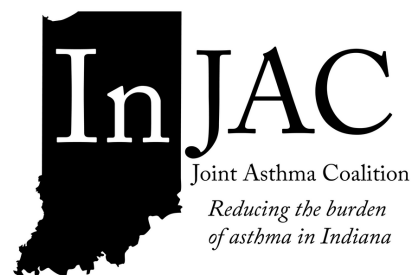


THE INDIANA JOINT ASTHMA COALITION

NEWSLETTER

**WORLD
ALLERGY AND
ASTHMA
AWARENESS
MONTH**

Since 2003, InJAC has worked to reduce the burden of asthma in Indiana by Reducing Environmental Triggers, Strengthening Education Efforts, and Improving the Quality of Care for those with Asthma. This newsletter plans to bring you bimonthly information from its three workgroups to keep you informed and up-to-date of InJAC events & resources and information to keep you breathing easy.



**The 2023 Asthma Summit
is available for Continuing
Education Credits!**

Follow the [link](#) to find the recording and directions for receiving CE's from the summit.

Environmental Triggers Workgroup

Summer is almost here, and [May is World Allergy & Asthma Awareness Month!](#) Specifically, May 2nd is Asthma Awareness Day, and the theme for 2023 is debunking myths and misinformation about [asthma](#). Check out these myths and facts from our Environmental Triggers Workgroup with the Indiana Joint Asthma Coalition, and read on to find more tips and resources for managing asthma.

The Asthma and Allergy Foundation of America has a wide range of resources for you to explore and find out more about asthma and allergies and how to treat, control and prevent asthma attacks. There are resources for everyone- this year's theme for the Global Initiative for Asthma, [GINA](#) is "Asthma Care for All".

The Indiana Joint Asthma Coalition works to reduce the burden of asthma in Indiana by promoting and sharing resources through our coalition. Check out InJAC's shareable, digital flipbook "Tips For Managing Your Asthma" [here](#).

Get involved with InJAC by joining us at our next coalition meeting on Thursday June 8th at 10:30am to learn about the coalition and healthy housing for folks with asthma. If you are not an InJAC member, email Carolyn Voigt at cevoigt@iu.edu for the meeting invite.

FACT or MYTH?

Environmental Triggers

Fact or Myth: If you are allergic to dogs, getting a hypoallergenic dog will alleviate any issue.

MYTH: People use "hypoallergenic dog" to mean the dog doesn't shed. Those who are allergic to dogs are actually allergic to the proteins found in a dog's dander (skin cells) and their saliva. Low shedding dogs do not reduce the protein that causes the allergic reaction and can potentially worsen a person's asthma.

Fact or Myth: Taking a shower after being outside can reduce your pollen exposure.

FACT: Pollen is so small that it can stick to your skin, hair, and clothing. Taking a shower and changing clothes can reduce your exposure to the pollen.

Time to update your summer *Asthma Action Plan!*

Here are some resources to create your own asthma action plan!

Click the links below to learn more.

FOR ADULTS

[Educational asthma action plan video](#)

[Digital flipbook](#)

FOR KIDS

[Educational asthma action plan video](#)

[Digital flipbook](#)

Quality of Care Workgroup

The Quality of Care workgroup will be presenting a special session at the upcoming [Indiana School Health Conference](#) on June 10th and 11th! Stop by and see us at our resource table or be sure to attend our session "Are You Prepared for An Asthma Emergency at School?" This year's conference is focused on School Health: Connecting the Pieces and offers participants a chance to visit exhibitors, get the latest news and updates from school health professionals, network with your peers and find inspiration to move your initiatives forward!

[SMART Therapy](#) stands for "single maintenance and reliever therapy" and allows people with moderate to severe asthma to use a combination treatment with just one inhaler! Check out this handy Asthma Action Plan [for SMART Therapy users!](#)

No asthma myths [here](#), just facts! Check out the Asthma & Allergy Foundation of America's fact sheets about asthma.



Summer asthma action tip for parents and caregivers! Schedule check-ups for those with asthma in your care. Update your [Youth Asthma Action Plans](#) and [Adult Asthma Action Plans](#) so that you're ready to have this summer whether its traveling or relaxing at home.

With an asthma action plan, you'll have what you need to keep yourself and those you care for safe and healthy with medications and triggers for your unique asthma needs. Staying healthy with asthma is easy with an Asthma Action Plan!

Asthma Education Workgroup

The infrastructure workgroup is charged with increasing and promoting asthma education throughout the state. InJAC will be providing free Asthma Training for Community Health Workers. This course consists of 5 modules that cover a variety of basic information about asthma and allows you to take the course on your own timeline. The more asthma educators in Indiana, the more information and resources are available to help those with asthma and their caregivers. Keep an eye out for updates later this summer and stay tuned for a new link in an upcoming newsletter. In the meantime, check out existing [asthma education resources](#).



Email Courtney Stewart at cestewar@iu.edu for more information and to join InJAC!

*Looking to make an impact?
Become an asthma educator to reduce the burden of asthma in Indiana.*

In keeping with the theme of “Asthma Care for All” and addressing both education and leveling the playing field with asthma and its outcomes please visit the online training [Moving Toward Equity in Asthma Care](#). This course is free, takes less than a half hour to complete and available on any mobile device or computer and provides one continuing education credit as well!

The 2022 Asthma Summit is still available. The recording through October 2023 with 2.5 Continuing Education credits available. Follow the link to view the [2022 Asthma Summit](#).

**UPCOMING
EVENTS**

JUNE 14 / 15
InJAC is pleased to be presenting an educational session at the [2023 Indiana School Health Network Conference!](#)

Connect with Us!



Click on the image or scan the QR code with your phone's camera.



[Click here](#) to get connected and join the CHeP Network.