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Allergy and Asthma Tips

These are the helpful tips continued from the KCAA Fall 2009 Newsletter *KIDS CORNER* Section.

Here are some helpful hints and important issues prepared by Dr. Neustrom and Dr. Ward that need to be addressed at the start of every new school year:

- **Make sure there are antihistamines and bronchodilators (albuterol/Xopenex) available at school with an instruction letter for teachers and nurses. For asthma inhalers, make sure there is a spacer or holding chamber available for home and school.**
- **Make sure you have an updated Asthma Action Plan and Food Allergy Action Plan for home and school, and that teachers and school nurses are aware of your child's medical problems.**
- **Make sure to speak with physical education teachers and coaches to make sure that they are aware your child has asthma and allergies. If needed, be sure to make sure your child, teachers, and coaches know to pre-medicate with the appropriate allergy and asthma medications prior to activities.**
- **Make sure to get influenza vaccinations in the Fall once they are available. Flu shots will be available at all four KCAA locations. Check out our website for availability.**

As the new school year begins, parents need to make sure that their children are prepared to confront the challenges that their allergies and asthma will likely present to them. Be sure to make an appointment with one of our five board certified physicians or one of our physician extenders to make sure your child is ready for a safe and productive year!

**KCAA main appointment line:
913-491-5501**

Helpful websites:
(Links also at: www.kcallergy.com)

www.foodallergy.org

www.aaaai.org

www.acaai.org

www.aafakc.org



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