

welcome to BREATHERVILLE USA



Join Us in DC!

Our annual patient advocacy day is May 8 on Capitol Hill. Here's your chance to ask your representatives in Congress to support policies that affect people with asthma and allergies. Talk it over with your parents – or drop a hint by bookmarking AADCH.org on the family computer or iPad.



Is It Allergies? Or a Cold?

It's easy to confuse spring allergies with a cold, the flu or even a sinus infection. Search for your allergy symptoms – and then schedule a doctor's appointment if you have been feeling lousy for a week or longer.

WORD SEARCH

Allergens	Itchy eyes	Sneezing
Congestion	Runny nose	Tired
Headache	Seasonal	

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

Under Pressure

Many doctors say stress can cause asthma, environmental allergy and eczema flares. Make sure you take time for self-care, even during the school day. Try yoga; keep a journal; get exercise and plenty of sleep. Slow down and do something for yourself!

'Austin's Allergies'

Is it possible to be a "typical little boy" with life-threatening food allergies? Yes, says 4-year-old Austin. In a heartfelt true story, Austin shares how he stays safe – while not letting food allergies define him: "I may have to eat food that is allergy-free, But there is so much more you can say about me."

"Austin's Allergies" was written by Austin's mom, Erin Mandras. A portion of all proceeds from book sales will be donated to Allergy & Asthma Network! Visit AustinsAllergies.com.

