



December 2017 Newsletter

How to Welcome Guests with Allergies This Holiday Season!

*Science & Outcomes of Allergy & Asthma Research (SOAAR) Shares
Hosting Strategies*

The holiday season is a wonderful time of year for families to come together and celebrate! To ensure a safe and fun-filled holiday season, SOAAR encourages people to be aware of family members and friends with different types of allergies. If you're hosting a party this year, check out the strategies below for hosting a successful and allergy-friendly gathering.

Our Strategies for Hosting Holiday Parties

- Ask your guests about any allergies when you invite them and encourage them to share any serving/preparation suggestions.
- Consider creating fun and festive ingredient cards for the meals you plan to prepare for the event. This will provide your guests with a sense of ease when serving themselves.
- If serving a buffet, encourage those with food allergies to serve themselves first. You can include a separate serving spoon for each dish, or set up a second table to keep all allergy-free dishes in one place.
- In addition to these tips, be mindful of other types of allergens your guests may be sensitized to, such as dogs and cats, strongly scented candles, and some celebratory products containing latex, such as balloons.

It's true that accidental exposures happen, but by implementing the strategies listed above, you can reduce their potential. Guests will appreciate your efforts at making them feel safe and welcome!

About SOAAR

Science and Outcomes of Allergy and Asthma Research (SOAAR) is a research team based out of Northwestern University Feinberg School of Medicine and

Ann & Robert H. Lurie Children's Hospital of Chicago. Our team aims to find answers and shape policies surrounding pediatric food allergy and asthma. If you want to learn more about our team's research, check out our website at www.teamsoaar.com! Happy Holidays!

Research News



iTRACC Enrollment is Officially Complete

This past Saturday, December 16th, Team SOAAR reached their goal of enrolling 250 participants in their [Asthma Clinical Trial, iTRACC](#). Congratulations to the team for all of their hard work over the past year!

R21: NIH Grant Award Accepted

U.S. Prevalence, Distribution and Determinants of Adult and Childhood Food Allergy (Follow up to SOAAR's landmark [2011 Prevalence Study](#)).

Recently SOAAR was awarded a prestigious R21 Grant from the National Institutes of Health to determine the prevalence, severity, distribution, and predictors of food allergy, food allergy-related quality of life and the development of tolerance to previously allergenic foods among children and adults in the United States. This award is difficult to obtain and requires "exploratory, novel studies that break new ground or extend previous discoveries toward new directions or applications". This statement is a perfect description of what the Prevalence Study aims to achieve.

Manuscripts Accepted for Publication

1. Kao LM, Wang J, Kagan O, Russell A, Mustafa S, Houdek D, Smith B, Gupta RS. School Nurse Perspectives of School Policies for Food Allergy and Anaphylaxis. *Annals of Allergy, Asthma & Immunology*. 2017. Accepted. This study aimed to characterize food allergy policies currently being utilized

in schools, their utility, and potential barriers to implementation from the perspectives of school health professionals.

2. Kao LM, Greenhawt MJ, Warren CM, Siracusa M, Smith BM, Gupta RS. Parental and Parent-Perceived Child Interest in Clinical Trials for Food Allergen Immunotherapy. *Annals of Allergy, Asthma & Immunology*. 2017. Accepted.

This study focused on caregivers of children with FA in order to characterize factors related to caregiver willingness to participate in clinical trials for FA immunotherapies such as oral immunotherapy (OIT), sublingual immunotherapy (SLIT), and epicutaneous immunotherapy (EPIT).

Save the Date

Click [here](#) to receive conference updates.

SAVE THE DATE!

Midwest FACES

Saturday, June 9, 2018

Ann & Robert H. Lurie
Children's Hospital of Chicago
225 E. Chicago Avenue
11th Floor Conference Center
Chicago, Illinois



Mark your calendar for the Midwest Food Allergy Conference for Education and Science (FACES)

Saturday, June 9, 2018

This conference will bring together food allergy families, clinicians and key thought leaders throughout the Midwest region for education and engagement.

- Free for families
- Hotel blocks will be available
- Online registration will be available soon!

For parents and children ages 9 and older.

Supporting Lurie Children's and Northwestern University Feinberg School of Medicine's Science & Outcomes of Allergy & Asthma Research (SOAAR) Program



225 East Chicago Avenue
Chicago, Illinois 60611-2991

Partner Spotlight: Introducing....



The app that is building the easiest way to manage food allergies.

Spokin is the ultimate food allergy resource. Find safe food products, restaurants, and the latest food allergy news — all customized to your allergies, interests, and location. Check out their most recent articles, then download [the app](#) to get started!

- [89 Allergy-Friendly Baking Options](#)
- [How to Prepare A Babysitter to Watch Your Child with Food Allergies](#)
- [Traveling with Food Allergies: City Guides](#)

Welcome New SOAAR Staff



Stacey Sturner, FACES Conference Manager

Ms. Sturner brings 20-plus years of communications, marketing and event planning experience to SOAAR. Most recently, she served as Midwest Regional Director of the national non-profit organization End Allergies Together (EAT). When Ms. Sturner's youngest child was diagnosed with a food allergy, she turned her attention to advocacy and outreach by launching the popular Facebook support group, Food Allergy Treatment Talk. Through this, Ms. Sturner became passionate about food allergy research and the search for a cure. She earned a Bachelor of Arts in Communications from University of Wisconsin, Madison.



Lisa Lombard, PhD

Lisa Lombard, Ph.D., a licensed clinical psychologist with over 25 years of experience in private practice, earned her Ph.D. in Psychology/Human Development from the University of Chicago. She provides psychotherapy to children, teens, and families, with a particular emphasis on anxiety, stress-mediated health concerns, and complex chronic pain. She is developing a clinical specialization treating children and families managing life-threatening food allergies, consults in a preschool/elementary school, and partners with Sarah Boudreau-Romano, M.D., Director of the Food Allergy Support and Education (FASE), to offer “hangouts” for children with food allergies. With Dr. Gupta, she is working on a manuscript about food allergies and anxiety, behavioral restrictions, and family activities. As a member of SOAAR, she is developing a qualitative study of the trajectory of psychosocial needs following food allergy diagnosis, and plans to interview allergists and parents.

In the News

Team SOAAR is excited to share that Dr. Gupta will be featured in an episode of ROTTEN, a six-part Netflix documentary series about various food industries. Dr. Gupta's episode will explore how food allergic reactions happen, whom they affect, and which emerging research is leading to new treatment.

Check out the [series teaser](#) and be sure to tune in on January 5th to watch Dr. Gupta and hear stories from many local families affected by food allergy!

Questions?

Email [Brenda Silvia-Torma, M.Ed.](#), SOAAR Communications Coordinator.