

CLINICAL FORMS OF MOLD ALLERGY

Allergic rhinitis and/or allergic conjunctivitis: These are common problems in children and in adults. Usually, allergic rhinitis or allergic conjunctivitis presents as a perennial problem with seasonal fluctuation of symptoms in regions such as the southern part of the United States, where humidity and temperatures are higher. Many indoor allergens can cause allergic symptoms.

Allergic asthma or IgE-mediated asthma: Patients with fungal spore-induced asthma often have IgE antibodies to more prevalent fungi, such as *Alternaria* and *Cephalosporium* species. The condition may occur in children or adults and is the result of a type 1 hypersensitivity reaction with a strong late-phase inflammatory process.

Allergic fungal sinusitis (AFS): Allergic *Aspergillus* sinusitis occurs primarily in patients with chronic nasal polyps who have mucoid impaction of the sinuses. This condition is rare in the pediatric population and is a result of type 1, type 3 (immune-complex), and type 4 (delayed-type) hypersensitivity reactions.

Allergic bronchopulmonary aspergillosis (ABPA): This is a well-recognized form of hypersensitivity pneumonitis, with nearly every case occurring in patients with known asthma or cystic fibrosis (CF). Very rarely, ABPA occurs in the absence of clinical asthma.

Non-*Aspergillus* allergic bronchopulmonary mycosis (ABPM): The most common non-*Aspergillus* cause of ABPM is *Candida albicans*. Isolated cases of other fungi causing ABPM in asthma have been described, including *Cladosporium* and *Curvularia* species.

Extrinsic allergic alveolitis (EAA): EAA encompasses a broad spectrum of pulmonary interstitial and alveolar diseases caused by repeated exposure to a wide variety of organic dusts or occupational allergenic chemicals. Among causes of the diseases are various molds.

PRODUCT CIRCLE

A listing of company responses to allergy inquiries.

New England Confectionery Company Sweetheart Conversation Hearts Necco Wafers

We do not use wheat products at our facilities. However, at one of the three facilities where we make Conversation Hearts, the candy is manufactured and packaged in a building where dairy products and soy products are used in other product lines but are manufactured in an isolated area where none of these ingredients are used. However, some of the Tiny Sweethearts production may be packaged on lines where we also package products that may have come in contact with trace amounts of dairy products. We do a wet wash on these lines between product runs. The conversation heart products that are packaged on those lines are: 1/2 ounce packets, 1 oz. boxes, 1&1/8 oz. boxes and a bag that we make for Wal-mart (our product code 30368). One product that we make that would be manufactured and packaged in areas free of the allergens that you had mentioned is Necco Wafers.

Mentos

The only raw material which is derived from wheat is the glucose syrup. The syrup meets the requirements for "gluten-free goods" as laid down in the Codex Alimentarius (CODEX STAN 117-1981/ max of 20 mg per kg). However, nearly all ingredients are derived from agricultural products and could be processed on equipment that also handles products containing gluten. Therefore Peretti Van Melle does not actually claim that Mentos are gluten-free.

Altoids

The vast majority of our products clearly identify the eight major food allergens (eggs, fish, shellfish, milk, peanuts, soy, tree nuts and wheat) in common terms, such as milk, wheat or eggs, that are familiar to consumers, in addition to the more technical terms required by food labeling laws. We are in the process of implementing common terms on all our labels.

The Coca-Cola Company

The following products in the U.S. and Canada, contain milk and/or other dairy products: Planet Java family of beverage brands, the SWERVE products, Choglit, TEY teas, SLAPDRINKS, the Minute Maid Begin It brand, Minute Maid Fruit and Cream Swirl frozen bars, Barq's Frozen Root Beer & Vanilla Ice Cream Float, and

Bacardi Mixers premium ice cream. All other Coca-Cola brand products are casein-free and dairy-free. Be assured that the label of all these products clearly indicate the presence of milk and/or other dairy products.

None of our brands contain wheat. None of our carbonated beverages contain chocolate or cocoa. However, in the U.S., chocolate flavor/cocoa IS used in Planet Java Caramocha and Cafielle Mocha Cream. Additionally, cocoa is in SWERVE Chocolate drink.

We do not add soybeans to Coca-Cola brand products. In the U.S., brominated vegetable oil (BVO) is added to some of our brands. The vegetable oil is derived from soybean; however, it is a highly refined oil and does not contain the soy protein, which is the material that would trigger an allergic reaction. The ingredient declaration statement will always list BVO when it is an ingredient.

Here are the ingredient statements for some of our Minute Maid Frozen Carbonated Beverages (Available at 7-11 stores):

Minute Maid Blue Cherry (Frozen Carbonated Beverage) Ingredient Statement: High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural and Artificial Flavors, Quillaia, Sodium Benzoate (To Protect Taste), Yucca Extract, Blue 1, Green 3.

Minute Maid Strawberry (Frozen Carbonated Beverage) Ingredient Statement: High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural and Artificial Flavors, Quillaia, Yucca Extract, Sodium Benzoate (To Protect Taste), Caramel Color, Red 40.

Minute Maid Blueberry (Frozen Carbonated Beverage) Ingredient Statement: High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural and Artificial Flavors, Quillaia, Yucca Extract, Sodium Benzoate (To Protect Taste), Blue 1

Minute Maid Raspberry Lemonade (Frozen Carbonated Beverage) Ingredient Statement: High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Yucca Extract, Quillaia, Sodium Benzoate (To Protect Taste), Natural and Artificial Flavors, Modified Food Starch, Red 40, Glycerol Ester of Wood Rosin, Caramel Color, Brominated Vegetable Oil.



WANT TO CONTRIBUTE?

Topics and Volunteers for Upcoming Meetings.

Passionate about a particular topic or food allergy issues?

Would you like to present your research to the group?

Have a story you want to share?

Have a topic suggestion?

Want to help design the next newsletter?

Send an email to cofaldetroit@yahoo.com with "Newsletter" or "Meeting Topic" in the subject line or call Melissa or Lisa.

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The Circle

A quarterly newsletter
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PRESIDENT'S CORNER

1st Meeting --- A Huge Success!!

The first meeting of the food allergy support group, Circle of Food Allergic Families, a.k.a. COFAF was indeed a huge success. Held on Saturday, June 19th at Boulan Park in Troy, 5 mothers attended. A few siblings came along, as well as my mom and step-dad who graciously offered support in the form of kid watching on the playscape.

*A few women together
talk talk*

*A few moms
talk talk talk talk*

*Food Allergy (FA) matters --
talk talk talk talk talk talk talk talk talk talk
talk talk talk talk talk talk talk talk talk talk
talk talk talk talk talk talk talk talk talk talk
Let me take you back to the decision to form
such a group.*

My son Jackson, born 11/01/2001, spent his first 48 hours in the NICU due to complications during my delivery. They were monitoring him for infection since I had an elevated temperature. I had to toss all my pumped breast milk as they started him on milk-based formula. I tried breastfeeding after we were home for about 2 weeks, a combination of pumping and breast-feeding and we had no success. So I put him back on formula. At 3 months, he developed eczema and also suffered from RSV (respiratory syncytial virus). With his eczema and RSV under age of 6 months, the pediatrician forewarned me that he may be an atopic individual and we would have to go very slow with food introduction.

At 6 months of age, he began to have severe gastrointestinal symptoms, from colic and cramping to frequent spitting up and very loose stools. We were

advised to switch him to a hydrolyzed formula. We saw a difference for 2 weeks and then he went back to his old ways. I began to research milk allergy and after a week of inexplicable diarrhea (with mucous, an odd color and odor) we visited the pediatrician. This is when I began to trust my instincts over medical protocol. I somehow knew it was a milk allergy. An occult blood test showed that there was blood in his stool and further testing indicated that he had been bleeding intestinally for four to six weeks and his overall IgE (see *Food Allergy Terminology on page 3*) level was elevated. The doctor ordered that Jackson see an allergist. We tested for the top 8 allergens and he was determined to be allergic to milk protein. We switched him to soy and immediately saw improvement.

(cont on next page)



Jackson Dalton 2
Allergic to Milk, Peanut, Egg and Sesame Seed.
Avoiding Tree Nuts, Asthma and Eczema.

CRAFT RECIPES

Here are some recipes that have been useful. Just use whatever flour is non-allergic in your house, we have tried teff, rice and oat and have had success.

Cloud Playdough

1 cup water
1 1/2 cups vegetable oil
6 cups flour
Add a few drops of food coloring to water.
Combine water, oil and flour in a large bowl. Knead well.
Add more water if necessary in small amounts until the dough is soft and stretchy. Cloud dough should be used on a washable surface for it is very greasy.

Salt Glitter

1/2 cup salt
6-7 drops food coloring
Add food color to salt adjusting to desired color shade. Cook in the microwave 1-2 minutes or you can also air dry your product. To keep soft store in air-tight container.

Kool Playdough

3 cups Flour
1/2 cups salt
2 Koolaid packages
2 cups Boiling water
Mix dry ingredients together. Add boiling water. Knead on floured board can add flour by sprinkles until desired consistency. This playdough will last for a long time when stored right.

Salt playdough (not-eatable)

1 cup water
1 cup salt
1/2 cup flour
food coloring
Mix ingredients in pan. Add food coloring. Stir on low heat. When thickens remove from heat. Put some on waxed paper or floured surface and roll out. Cut out objects. Air dry objects few days. Store un-used portion in air-tight container.
Variations: use straws to punch holes for hanging. Glue sequins to clay.

president's corner cont.

So armed with this information, along with a recommendation to look into the resources of the Food Allergy and Anaphylaxis Network www.foodallergy.org. I began my journey of parenting a child with FAs.

Despite all my research, I was missing out on true emotional support. Something you will agree is a definite need in tackling this issue. Most family and friends understand but until they have to face FAs head on, they cannot offer the level of support and understanding that is required.

I joined the POFAK group at www.groups.yahoo.com. Parents of Food Allergic Kids has been a safe-haven for expressing feelings, asking questions and sharing information such as recipes, ingredient findings, etc.

I met Lisa Chavis, Vice President of COFAF on-line and after asking the 2000+ members of POFAK if there were any support groups in Michigan, Lisa and I talked about forming one. This was in spring 2003. We met at a park, discussed it and over time decided this is something we wanted to do. But with busy schedules, sick children, and work, we never got around to it.

In April of this year, Jackson had a mystery reaction which led to the first use of the EpiPen, Jr. that travels with us everywhere, a subsequent visit to ER, pediatrician and pediatric allergist, RAST (radioallergosorbent) blood test for 43 items ranging from fruits and vegetables to meats and a diagnosis of new allergies to peanut, egg and sesame seed. We had been avoiding peanuts already yet he still developed the allergy. We were advised to avoid all tree nuts as well based on the peanut allergy.

I was just getting the hang of and being comfortable that we had the milk allergy under control. I felt like someone had taken a hold of my ankles and pulled my feet out from under me. So after

researching these new allergens, I decided it was time to launch COFAE. Perhaps by helping others, I can help myself. Perhaps I can learn information about these new allergens without having to go through all the trials and tribulations myself.

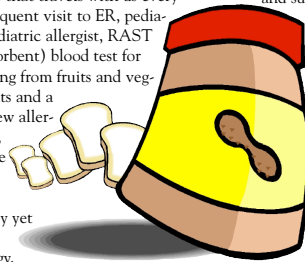
So the week in preparation for our 1st meeting was met with excitement. A friend of mine asked me if I was nervous. Inside I laughed. Nervous, I

thought, nervous about what...meeting people who are members of a "hidden" society, so to speak, of millions that will understand me and if they don't they would support me no matter what? Surrounded by people who get it, with the opportunity to form lifelong friendships for both my son and me. What could make me nervous about that? As I drove to the park, I cried. I knew somehow that this was exactly what I was supposed to be doing. And as I left the park with a huge amount of weight lifted off my shoulders this feeling was reaffirmed. These feelings, I'm certain, will only increase with time.

My commitment to the group is to provide a forum in which we can learn, teach and support one another as parents, mothers and friends.

Here's to something GREAT ahead of all of us.

"Despite all my research, I was missing out on true emotional support."



MISSION STATEMENT AND CORE VALUES NEEDED

Mission Statement and Core Values

Many organizations publish a statement of Mission for use by people inside and outside an organization.

Inside an organization a public declaration can be used to:

- Coordinate the decisions and actions of an organization.
- Inspire people in the organization to stretch and attempt more.
- Help members anticipate needs, resulting in a higher level of customer service.
- Get people to act with a common purpose.
- Limit what an organization should not do.

Outside an organization:

- A public declaration can inform others of the benefits and advantages of what that organization offers.

Core Values are fundamental beliefs that drive a person or organization.

- Core values are those beliefs that are essential to uphold.

At our next meeting we will begin to establish the Mission and Core Values of COFAE. Please begin to jot down what you expect, what you envision and what you believe to be valuable in an organization such as COFAE.

These will allow us the ability to maintain focus and continuity in a well rounded, well organized and respectful manner.

UPCOMING EVENTS

Next COFAF Meeting

September 11, 2004
10 am to 1 pm
Boulan Park, Troy
Meet at the playscape to rear of park
Bring a sack lunch (peanut free)
Will cancel if it is raining at meetings start time.

Blow the Whistle on Asthma Walk

2004-American Lung Association of MI
October 9, 2004
Detroit Metropolitan Zoo
7 a.m. registration, 8 a.m. walk begins

CPR Certification Course

Date TBD
Waterford Civic Center
\$20.00 includes text and card

DEFINITIONS

Atopy: A hereditary disorder marked by the tendency to develop immediate allergic reactions to substances such as pollen, food, dander, and insect venoms and manifested by hay fever, asthma, or similar allergic conditions. Also called atopic allergy.

Anaphylaxis: A sudden, severe allergic reaction characterized by a sharp drop in blood pressure, urticaria (hives), and breathing difficulties that is caused by exposure to a foreign substance, such as a food, drug or bee venom, after a preliminary or sensitizing exposure. The reaction may be fatal if emergency treatment, including epinephrine injections, is not given immediately.

EG: Eosinophilic Gastroenteritis, or EG, is a condition in which one or more layers of the stomach and/or small intestine are infiltrated with a type of white blood cell called eosinophils, often with no known/identified allergic cause.

EE: a condition related to EG called Eosinophilic Esophagitis, or EE, where the eosinophilic infiltration is confined to the esophagus.

EC: another condition related to EG called Eosinophilic Colitis, or EC, where the eosinophilic infiltration is confined to the large bowel.

IgE: The class of antibodies produced in the lungs, skin, and mucous membranes and responsible for allergic reactions. Also called immunoglobulin E.

IgG: Also called immunoglobulin G. The most abundant class of antibodies found in blood serum and lymph and active against bacteria, fungi, viruses, and foreign particles. Immunoglobulin G antibodies trigger action of the complement system.

OAS: Oral Allergy Syndrome. A manifestation of food allergy, is an allergic reaction that affects the lips, mouth, and pharynx.

RAST: Also known as radioallergosorbent test. A radioimmunoassay test to detect certain types of immunoglobulin-bound allergens responsible for tissue hypersensitivity.

SPT: One of the most common methods of allergy testing is the scratch test or skin prick test. The test involves placing a small amount of the suspected allergy-causing substance (allergen) on the skin (usually the forearm, upper arm, or the back), and then scratching or pricking the skin so that the allergen is introduced under the skin surface. The skin is observed closely for signs of a reaction, which usually includes swelling and redness of the site. With this test, several suspected allergens can be tested at the same time, and results are usually obtained within about 20 minutes.

Other abbreviations you may see in correspondence.

EA: environmental allergies
FA: food allergies
SA: seasonal allergies