Asthma & Athletics? You Bet!

Although exercise is a common symptom trigger, David Beckham, Olympic medalist Amy Van Dyke, NFL running back Jerome Bettis, and NBA champion Dennis Rodman were able to become star athletes despite their asthma. As long as your asthma is under control, you too can be active in gym class and sports!

Did You Know...

May is National Asthma and Allergy Awareness Month!

- If one parent has asthma there is a 30% chance that the child will also have asthma. If both parents have asthma, the chances go up to 70%.
- An average of one out of every 10 school-aged children has asthma.
- A healthy diet and exercise can help control asthma symptoms.

Stay Healthy This Spring

Springtime is full of wonderful things: blooming flowers, warm breezes, and outdoor sports, to name a few. But some of these things may not feel so wonderful for those of us with asthma. Springtime is also the season of “asthma triggers”, or things that your body is sensitive to and that may elicit asthma symptoms. Keep these helpful facts in mind to keep your asthma symptoms at bay this spring:

- Pollen counts are highest between 5am and 10am.
- Keep track of pollen counts in the area, and try not to be outside for too long when counts are very high. Free apps like WebMD Allergy can tell you the local pollen count.
- The unpredictability of springtime weather can cause problems. Quick temperature changes have been proven to make symptoms worse.

Check Out Some of Our Most Recent Research Findings!

Children’s relationships with their peers matter for asthma. Children with asthma who experience rejection from others go on to have more symptoms of asthma, particularly if they are popular at school.

Thank you for being a part of our study and for helping us to gain a better understanding of asthma!
Meet The Newest Member of our Lab!

Cynthia moved from sunny California to Chicago in January to join the Foundations of Health Research Center at Northwestern. Her research focuses on the relationship between cultural beliefs, inequality, and health and well-being. Cynthia received her Ph.D. in from Stanford University and her bachelor’s degree from Princeton University. As part of the Family Asthma Study team, Cynthia will be running study visits with children and families.

STUDY REMINDER! We will be contacting you every 3 months following your lab session for short, 10-15 minute interviews. You will receive a total of $20 for each follow-up. We look forward to chatting with you!

Events Around Town...

March
- 3/28-3/30: Evanston Children’s Theatre Presents “Aladdin Jr.,” Levy Senior Center

April
- 4/5 & 4/12: Free Tax Help at Evanston Public Library
- Through 4/20: The Forts Exhibit at the Chicago Children’s Theatre

May
- 5/10-11/8: Downtown Evanston Farmer’s Market will be held from 7:30 a.m. to 1 p.m. every Saturday from May 10 through November 8.