

Doctor AL and the Sneeze 'n Wheeze Busters

The Good Guys



The Bad Guys



AAAAI
American Academy of
Allergy Asthma
& Immunology



If you have asthma or allergies, you're not alone. At least 17 million Americans have **asthma**, and more than five million of them are kids. Nearly 36 million American have "**allergic rhinitis**" (**hayfever**), and millions more get skin allergy conditions called **hives** and **dermatitis** if they're allergic to certain things. With proper treatment, most adults and kids with these conditions can lead normal, active lives. Specially trained doctors called **allergists** can be very helpful in suggesting the best treatments for people with allergies or asthma.

In this coloring book you'll find superheroes like Dr. Al Lergist, and his partners, Annie Histamine, Buster Bronchodilasaurus and Duel Action (a.k.a. Double Whammy). Their job is to help kids and grown-ups feel better when their allergies or asthma bother them.

The bad guys like Darth Mite, Big Bad Roach, Meeyowa Monstera the Cat Hairess, Count Igor von Pollen, and Scuzzbucket, can be big troublemakers. People with allergies and asthma should try to avoid them as much as they can. People try, but it's almost impossible to avoid these things completely.

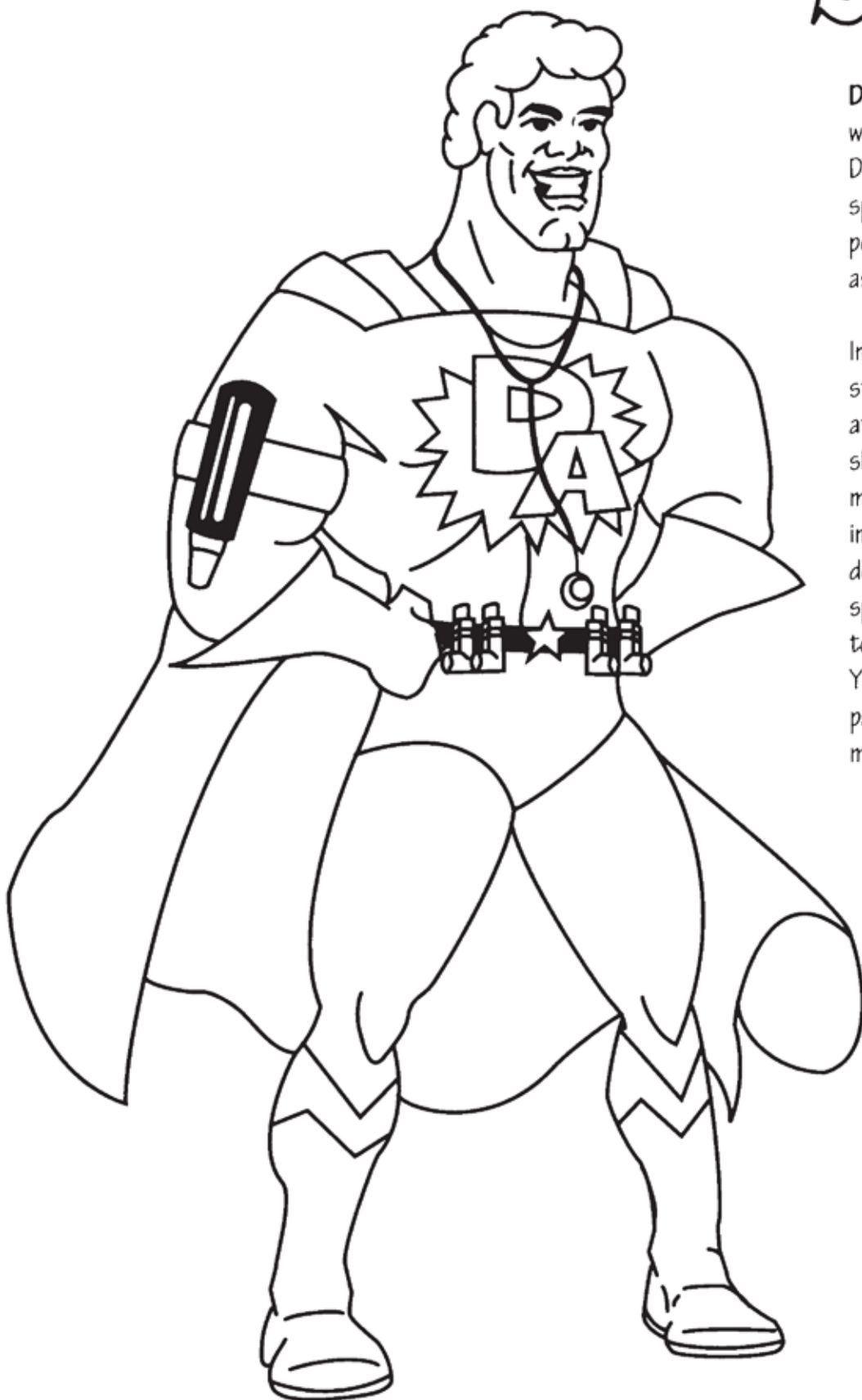
That's when Dr. Al and his super pals come to the rescue. They fight hard, morning, noon and night trying to wipe out allergies and asthma so kids can learn, play, sleep and breathe easier. You can help them win the fight by taking care of your allergies or asthma and doing what your doctors tell you to do.



The Good Guys



Dr. Al Lergist



Dr. Al Lergist helps children and grown-ups who have asthma and allergies feel better. Dr. Al, as his friends call him, has had special training to learn as much as possible about treating allergies and asthma.

In this picture, he has a **peak flow meter** strapped to his arm and several **inhalers** attached to his belt. People with asthma should use a peak flow meter often to measure how easy it is for them to breathe in and out. They should also follow their doctor's advice and use their inhalers -- sprayers that deliver important medicines to their lungs -- as the doctor suggests. Your doctor can show you and your parents how to use these asthma medicines.

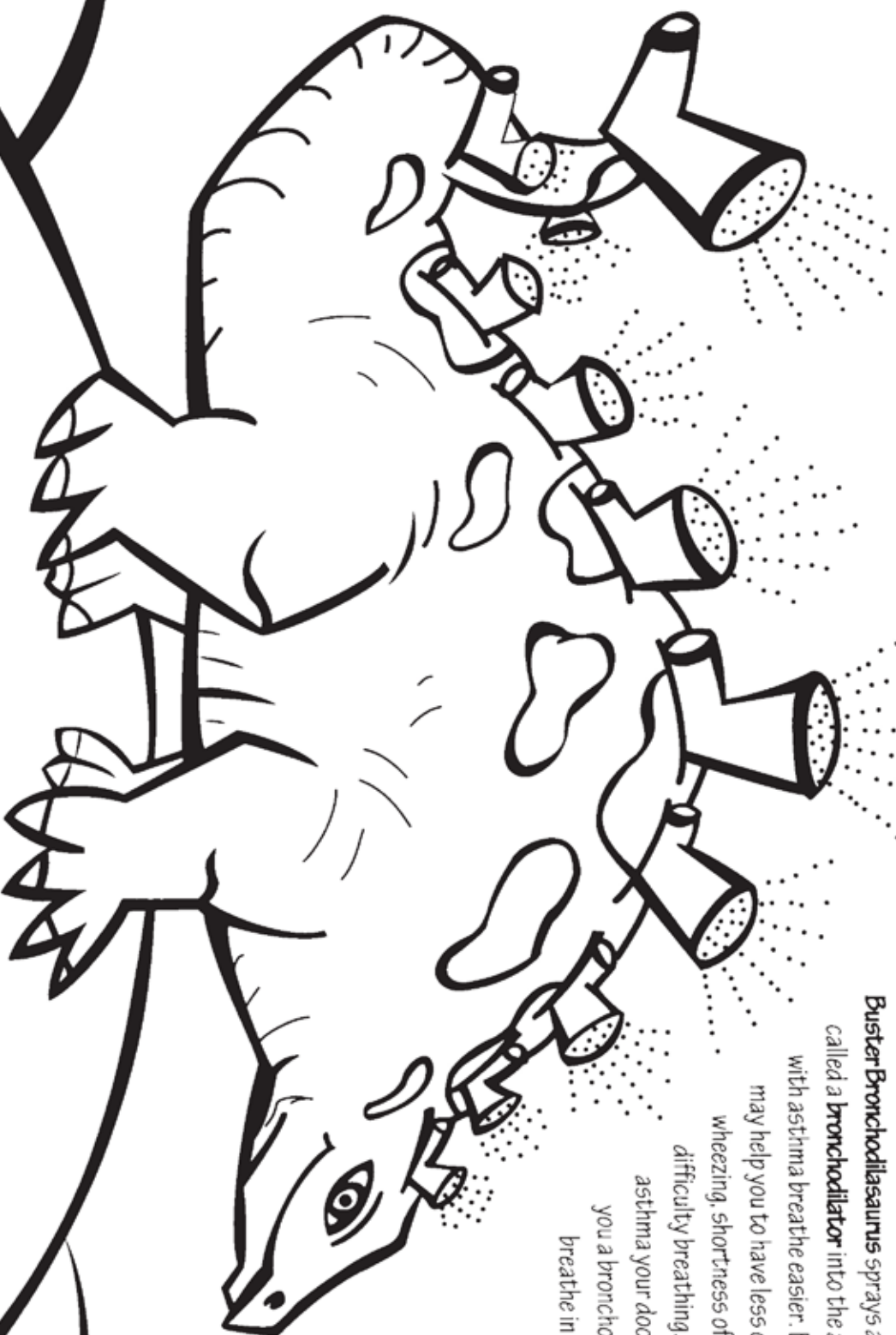
Annie Histamine



Annie Histamine is one of Dr. AI's helpers. Although she looks mild, Annie is a real dynamo when it comes to fighting "histamine."

Some people's bodies make histamine when they come in contact with certain things like dog or cat hair or pollen. You can't see histamine, but you can feel its effect if you have allergies. You might get sneezy or wheezy, or get very itchy eyes or skin. Your doctor might tell your Mom or Dad to give you an **antihistamine** if you have allergies. Antihistamines fight histamine to make you feel better.

Buster Bronchodiliscus



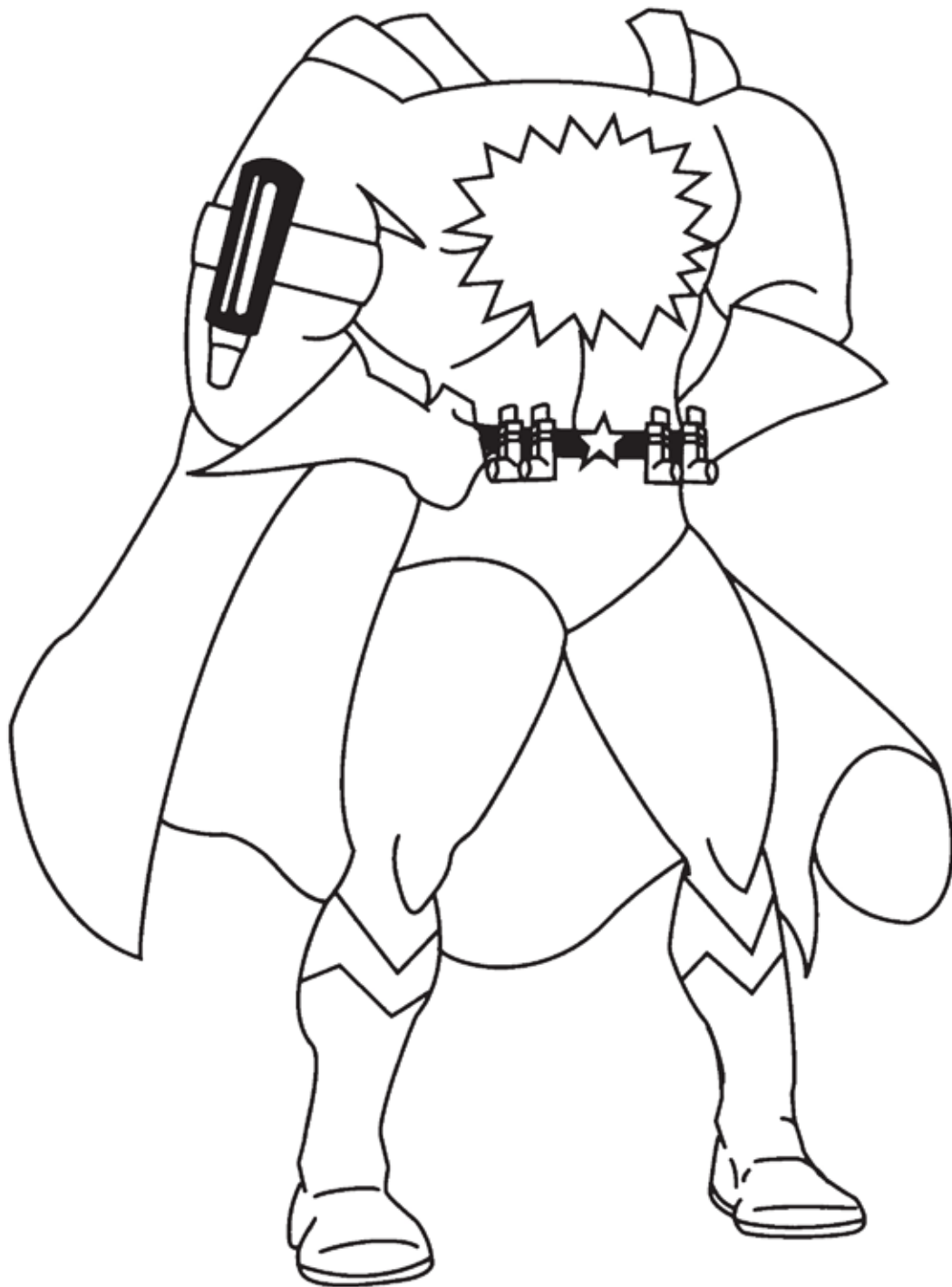
Buster Bronchodiliscus sprays a special thing called a **bronchodilator** into the air to help kids with asthma breathe easier. Bronchodilators may help you to have less coughing, wheezing, shortness of breath and difficulty breathing. If you have asthma your doctor might give you a bronchodilator to breathe in or take as a pill.

Duel Action

Duel Action (a.k.a. Double Whammy) fights asthma with two kinds of **inhalers**. The one on the left contains a short-acting medicine that should be used when you're having an asthma attack. The one in Duel Action's right hand is a long-acting asthma medicine. If your doctor prescribes this kind, you should use it on a regular basis -- even when you're feeling good -- so you won't get as many asthma symptoms.



*As a Sneeze 'n Wheeze Buster, draw
your own face and name here!*



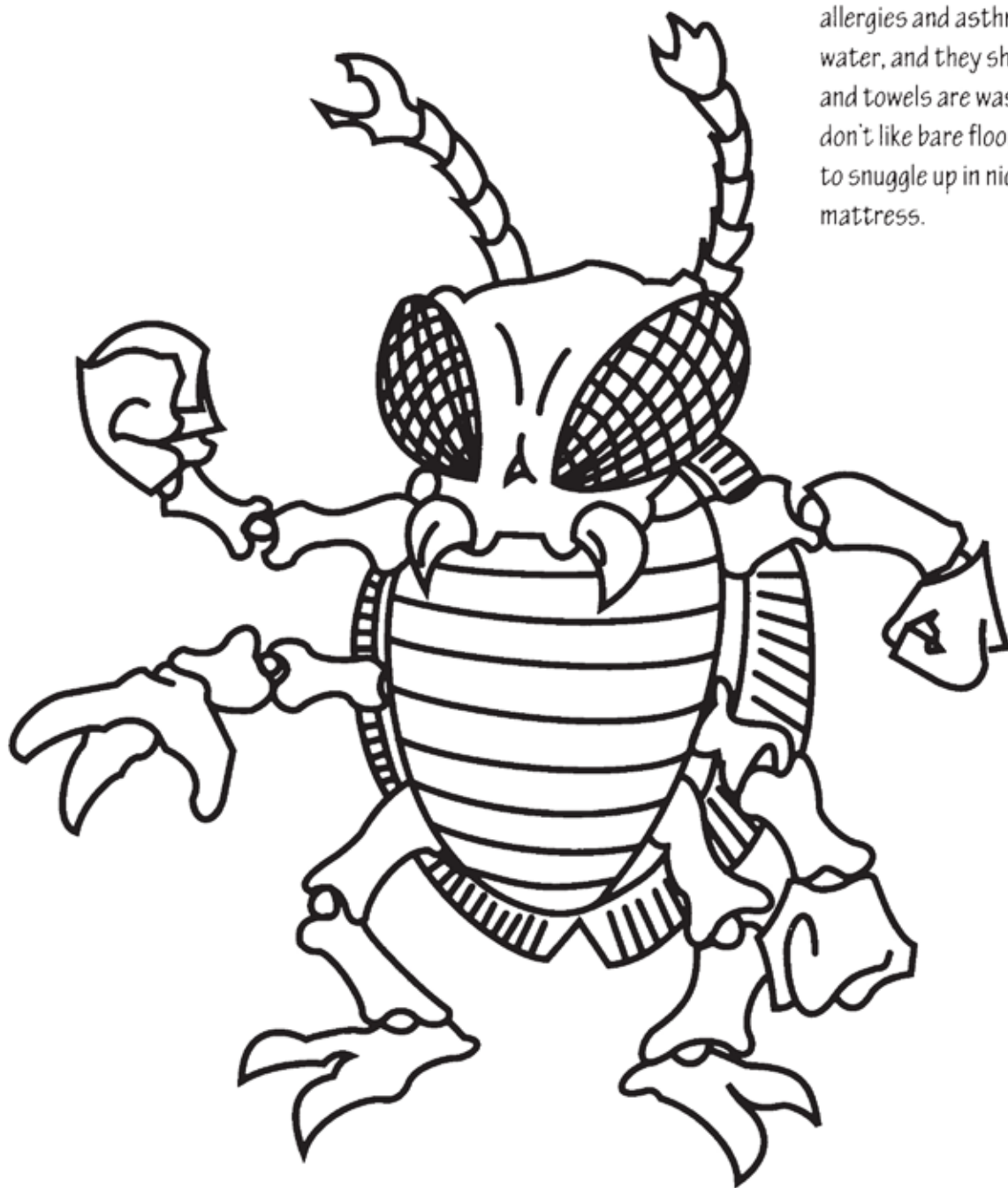


The Bad Guys



Darth Mite

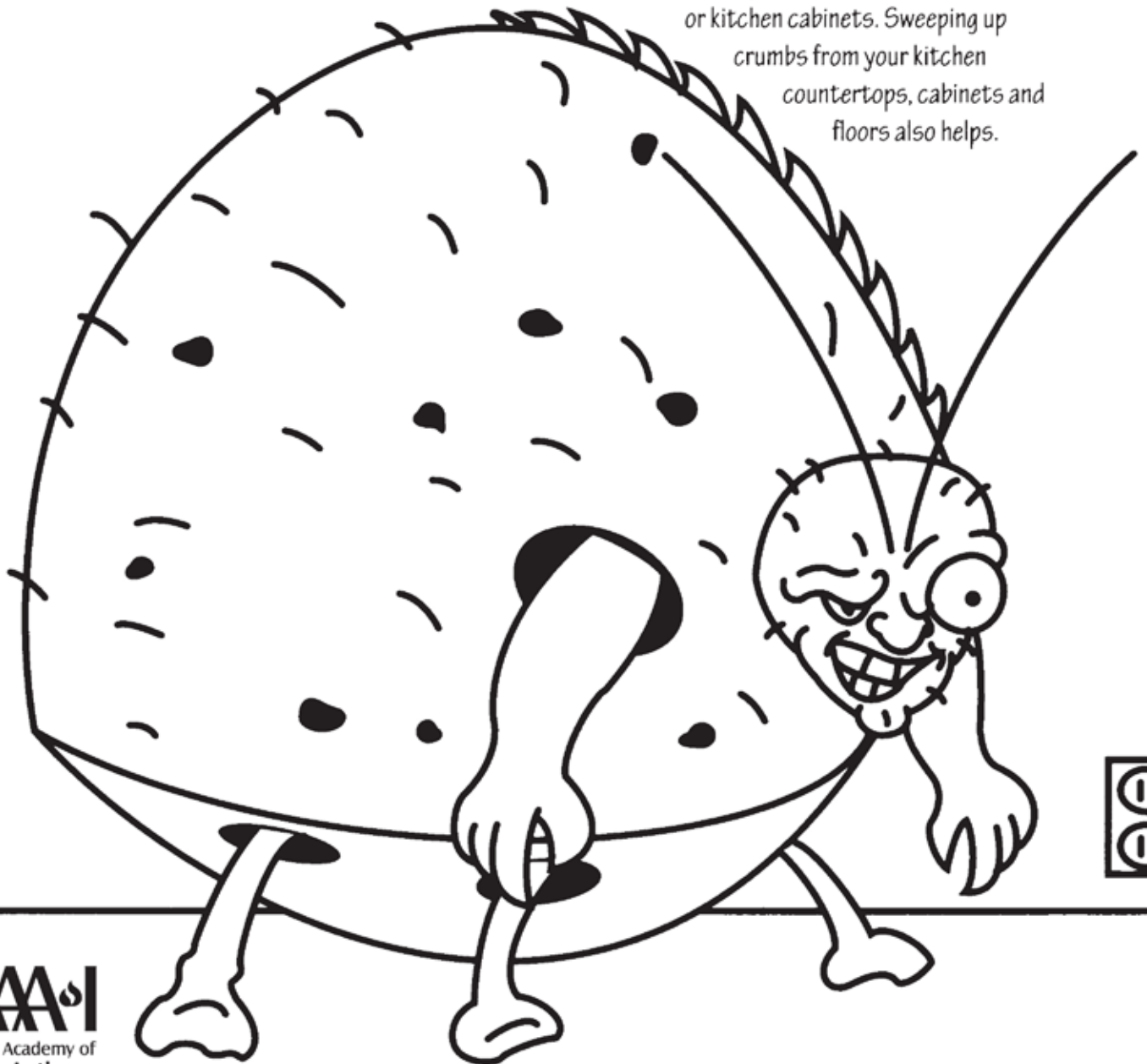
Darth Mite is the leader of the 100 zillion-strong army of evil **dust mites** that live in many places indoors, but especially in bedsheets and carpeting. Although you can't see them, these critters are a main cause of allergies and asthma. These guys hate hot water, and they shrivel and die when sheets and towels are washed in hot water. They also don't like bare floors very much. They'd prefer to snuggle up in nice soft carpeting, or in a mattress.



Big Bad Roach

Yuck! Cockroaches like **Big Bad Roach** are another villain that can trigger asthma symptoms. Big Bad Roach got to be so big because he LOVES food. These bugs are real tricky, because they like to hide where they can't be seen. But kids and grown-ups can still breathe in fumes from roach and dust mite poop (remember -- **everything** that eats also poops!) and that can be bad news if you have asthma.

Roaches won't feel as welcome in your home if you wrap leftover food tightly and put it away in your refrigerator or kitchen cabinets. Sweeping up crumbs from your kitchen countertops, cabinets and floors also helps.





Count Igor Von Pollen

Count Igor von Pollen sends his **pollen** armies to strike in the warm weather months, when kids are often playing outside. His favorite thing to do is to make people who have allergic rhinitis (hay fever) sneeze 10 times in a row.

Pollen comes from things that grows outdoors: trees, shrubs, flowers, weeds, and grass. Some pollen, though, like ragweed, causes more allergies than other pollens. Your doctor might give you some medicine to help your hay fever when there's lots of pollen around.

During pollen season, people with pollen allergies should take a shower and wash their hair as soon as possible after coming in from outside.

Scuzzbucket

Scuzzbucket thinks he's cool, but he's nothing more than slimy **mold** that grows in damp places indoors such as basements and around tubs and showers. Once he starts growing, it's hard to stop him. If you saw him under a microscope, he would look fuzzy and green, but he's definitely not a warm and fuzzy creature! Your parents can swoosh him away by using a diluted chlorine bleach solution on bathroom surfaces.



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Meeyowa Monstera the Cat Hairress

Beware of **Meeyowa Monstera, the Cat Hairress**. For people with cat allergies, a nine-pound cat like Meeyowa is nearly as bad as having a tiger living in the house, but she can sure make you feel sick, causing sneezing and wheezing. Your doctor might suggest medicines, including allergy shots to help you. Allergy shots can also be used to control allergies to other bad guys, like dust mites. Your doctor may also suggest some medicines and will tell you how to avoid those things that cause problems for you.

If you visit someone who has a cat at their house, take a shower and wash your hair and clothes as soon as you get home.



Don't let those bad guys get you down!
Draw a picture of how you manage your
allergies and asthma.

For parents of children with allergies and asthma

Following are some tips on what you can do to keep your child's (and possibly your own) allergies or asthma under control.

Cockroach Control:

- Clean very well and remove garbage/trash daily
- Store food in tightly sealed containers (Zip-lock bags, Rubbermaid-type)
- Place roach bait in pathways

Dust Mite Control

- Wash ALL bedding in hot (>130 degree F) water weekly
- Encase pillows and mattresses with allergen free coverings
- Remove all dust catchers: stuffed animals, extra clothes
- Avoid upholstered furniture if possible, especially in the bedroom
- Use washable curtains and drapes in the bedroom
- Remove all carpeting if possible
- Maintain <50% humidity

Animals

- Keep pet(s) outdoors if possible
- If you allow your pet indoors, keep it in a room that is easy to clean
- Never allow pet(s) in the bedrooms
- Clean house very well, then use a HEPA room air cleaner if the animal is kept in the house
- Change clothes and shower completely after being around furry animals
- In addition to dander, urine from some pets can be an allergen source

Pollen Exposure

- Check pollen counts by calling 1-800-9-POLLEN
- Use air conditioning. Closing the house keeps pollen out and cleans and dries out the air.
- Dry clothes in a dryer, not outside where pollen can collect on them
- Take a shower and wash hair as soon as possible after being outside on high pollen days

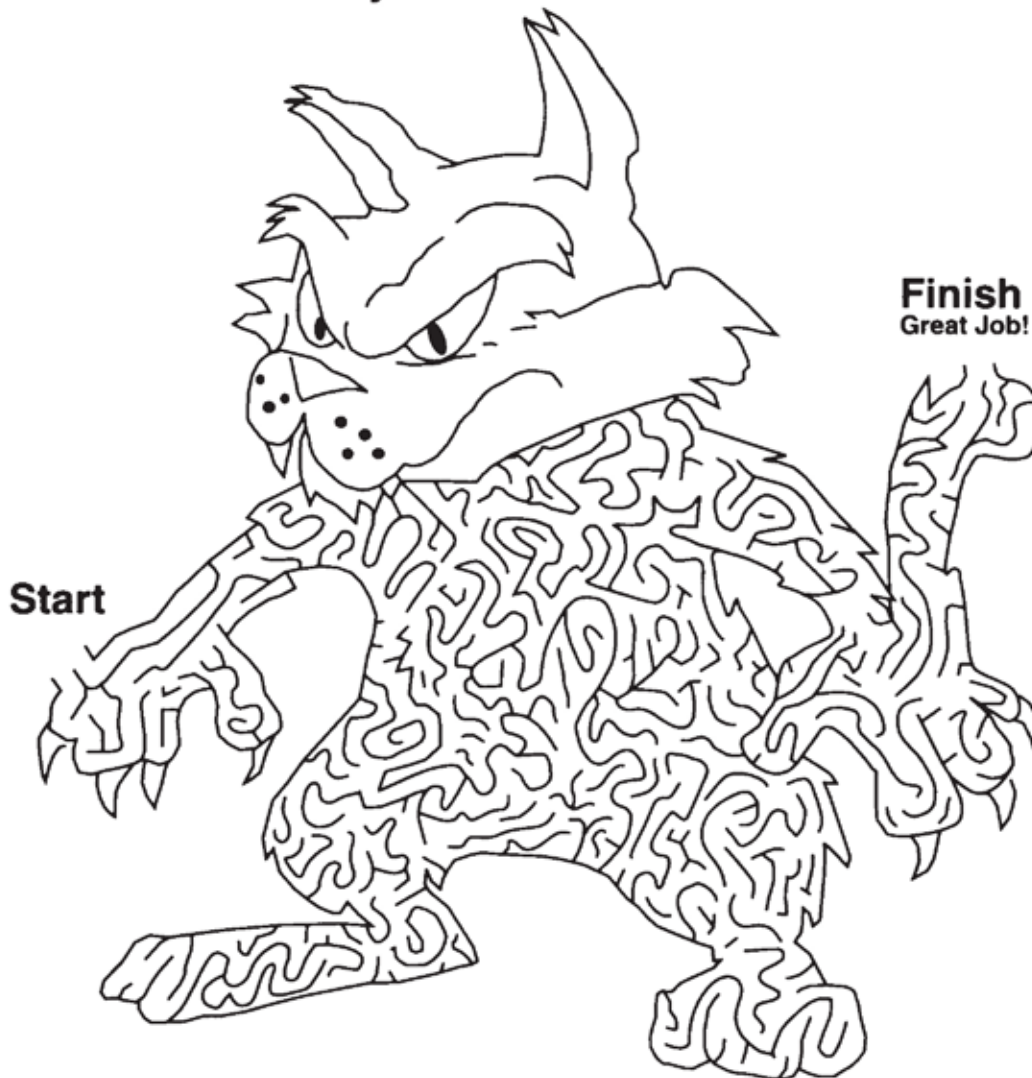
Indoor Mold

- Dehumidify with an air conditioner and/or dehumidifier
- Use bleach or fungicide to clean all areas that have increased water content, e.g., dehumidifiers, drip pans, showers
- Wrap pipes in insulation if wet
- Dry clothes thoroughly before putting away

Free resources from the American Academy of Allergy, Asthma and Immunology

The Academy's Web site, www.aaaai.org, has plenty of information for children and parents, including story books, tips for managing asthma and a patient newsletter. Visit the Patients & Consumers section of the Web site to find out more, and to see other fun puzzles like this one:

Meeyowa Monstera Maze



www.aaaai.org



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