

## BeeHealthy *Timely Hints for a Healthy Lifestyle*

# Help children breathe easy this spring

Asthma brings three-quarters of a million children into emergency departments every year.

But the American College of Emergency Physicians says getting a good asthma management plan organized before an emergency may help your child stay out of the hospital altogether.

If you are not sure whether your child has asthma, but he or she has the symptoms of asthma (coughing, wheezing, shortness of breath), talk to your doctor.

After a child has been diagnosed with asthma, the parent or guardian and child should meet with a physician to develop a plan for monitoring asthma symptoms (usually a peak flow meter) and for medicating the child when trouble develops.

Some children with asthma will benefit from two types of medication: one they use daily to prevent asthma attacks (controller medications or inhalers) and one they use to relieve symptoms (rescue inhalers).

Children with asthma should carry a rescue inhaler with them or have one readily available to them at school.

It is important that when children develop symptoms, they and their caregivers or teachers know how to administer the medication and do so quickly.

Consistent use of controller medications can prevent many asthma attacks and help children lead a normal, physically active life. How and when medications are used may vary from season to season, depending on what an individual child's triggers are.

Typical triggers include exercise; colds and flu; laughing or crying hard; allergens from plants, animals, house dust, cockroach droppings or mold; and irritants such as cold air, chemicals and smoke.

It is also recommended that you do what you can to limit your child's exposure to his or her asthma triggers.

For example, if your child is allergic to furry animals, minimize his or her exposure to them at friends' houses and in the classroom at school.

If cold air is a trigger, arrange for your child to exercise indoors during the winter instead of outdoors. If dust is a trigger, replace carpeting with wood, tile or vinyl floor coverings.

Be sure to get your child a flu shot as soon as they are available in the fall.

A recent study by the Centers for Disease Control and Prevention showed that only 30 percent of children with asthma get the flu shot, even though flu can be fatal for people with asthma.

For more information on asthma, call (202) 728-0610.

## Tenth Sister-to-Sister Summit set at Buffalo State College

The 10th anniversary of the annual Sister-to-Sister Summit of Western New York will be held from 8:15 a.m. to 3:45 p.m. Saturday, March 31 at Buffalo State College.

The summit is for girls between 12 and 17 from Buffalo and surrounding area schools to have a safe place to discuss a number of topics. The girls must have preregistered.

The topics discussed will include domestic violence, relationships, date rape, sexually transmitted disease, feminism, body image, dating and teen pregnancy.

Programs offered will include Healthy with Your Skin, No Body's Perfect, Never Too Late ... Healthy Relationships, My Body My Temple, Birth Control, Don't Trust that Dial and Conflict Resolution.

In addition, participants will also get the chance to choose from a range of extra activities, such as self-defense, a drama workshop, being an entrepreneur, learning to be a leader and expression through poetry.

Last year's event hosted 200 girls, and planners this year have made a push for increased sponsorship. There is no charge for the event.

For more information on the summit, call 983-0870.



## What's Going On

### Women's Business Center network event set

The Women's Business Center at Canisius College will offer a speed networking event from 11:30 a.m. to 1 p.m. Thursday, March 29 at the Canisius Center, 300 Corporate Parkway, Amherst. To register, call 888-6650 or visit [www.canisius.edu/wbc](http://www.canisius.edu/wbc) by March 22.

### Heart Healthy series to continue March 29

The second of four presentations in the Heart Healthy Series will continue at 10 a.m. Thursday, March 29 with "Living with Diabetes." Mary Oxman, registered dietitian and certified diabetic instructor, will lead the discussion at ElderWood Health Care at Heathwood, 815 Hopkins Road, Amherst.

### Church and Boy Scout Troop to sponsor dinner

SS. Peter and Paul Parish and Boy Scout Troop 22 sponsor their annual Ash Wednesday Fish Fry from 4 to 7 p.m. Friday, March 30 in the school cafeteria at 5480 Main St., Williamsville. The cost is \$8 adults, \$4 children. Cheese pizza will also be available for \$3.

### The Decemberists to hit UB stage

The Center for the Arts at the University at Buffalo will present The Decemberists at 8 p.m. Friday, March 30 in the Mainstage Theatre, located on the UB North Campus. The cost is \$25; \$20 for students. Call 852-5000.

### Luncheon slated to celebrate history

The Amherst Women's Interclub Council will honor former Amherst library director Mary Bobinski and Cornerstone Manor during its Women's History Month luncheon. The event will be held at 12:30 p.m. Saturday, March 31 in the main room of the Amherst Museum, 3755 Tonawanda Creek Road, Amherst.

### West of the Mark to play at fire hall

West of the Mark will be featured during the Ellicott Creek Volunteer Fire Hall's Country Night from 8 p.m. to midnight, Saturday, March 31 at 45 S. Ellicott Creek Road, Amherst. For \$15 tickets, call Mary at 693-3579. The event is sponsored by the Ellicott Creek Ladies Auxiliary.

### Community Singles to host club event

Community Singles, for people looking to connect seriously with a partner for life, will meet from 5 to 7 p.m. Sunday, April 1 at Unitarian Universalist Church, 6320 Main St., in the living room. For more information, call 877-4295 or 681-3480.

### Speaking Out for Animals auction set

Speaking Out for Animals Inc. will host its second annual Chinese auction from 3 to 9 p.m. Sunday, April 1 at Brennan's Bowery Bar and Restaurant, 4401 Transit Road.

### Daemen College to host Easter brunch

Daemen College/Rosary Hill Alumni Association Buffalo Chapter will hold brunch with the Easter Bunny at 11 a.m. Sunday, April 1 at Charles J. Wick Campus Center, 4380 Main St. The cost is \$12 for adults and children 12 and older, \$7 for children 2 to 11 and free for those under 2. For more information, call 839-8212 or e-mail [pjustin@daemen.edu](mailto:pjustin@daemen.edu).

### Nominees sought for Kerman award

Temple Beth Am is accepting nominations for the Daniel E. Kerman Award. The winner will be recognized for his or her outstanding contributions to the Jewish community, the community at large or both, and in the promotion of Jewish education, religious activities, culture or youth activities. The award carries both prestige and a monetary award. Nominees may not be paid members of any Jewish organization. Also, they do not need to be Jewish or a Temple Beth Am member. Suggestions should be sent as a brief description as to why the nominated individual deserves the award by April 18. Send information to: Daniel Epter, Kerman Award Trustee, Temple Beth Am, 4660 Sheridan Drive, Williamsville, NY 14221.

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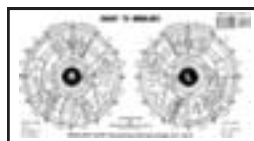
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