

Thank you to all who came to hear Dr. Atkins speak, there was roughly about 50 people there. I always appreciate hearing his thoughts on food allergies and if there is any new information to help with allergies and asthma.

Thank you to all who helped try to quiet the meeting room next to us. I did complain to the library (they complained about us which I thought was funny) and the library suggested reserving both rooms. I will try to do this for next year and only book a speaker if we have both rooms.

Also another thank you to Patty B. for summarizing Dr. Atkins' speech on her blog. Please check it out at:

<http://bit.ly/3LvmWK>

I would also like to add the following:

*Study done showed peanut allergy in Israel is less than in UK. Found parents in UK start at 6 months feeding their kids "peanut puffs"

*H1N1 Flu Discussion

-National Jewish does not have the H1N1 vaccine. It was interesting to learn each hospital/clinic has their own contractor of the vaccine. Other contractors have their swine flu vaccine earlier than others. Do not do the nasal spray if you have asthma. Be careful of a secondary pneumonia - look for fever after the first fever subsides.

-I called Tri-County health department (303-220-9200) and they will release the H1N1 vaccine to your Dr. if you are in the high risk category. Your Dr. has to be in the Adams, Douglas, Arapahoe, Broomfield county. My pediatrician is working on it too. At this point, National Jewish is waiting to receive a call back about starting the process of obtaining the vaccine. I'll keep you all posted. Maybe I'm crazy for getting it for my asthma/egg allergic son, but I have now heard more bad stories of how it affects asthma children. I'm hoping the risk of the vaccine will outweigh the risks of getting H1N1. It really doesn't appear to be a "mild" flu for most I have talked to. I would love to hear feedback though - if able, would you vaccinate for the H1N1?

*Egg protein is in flu vaccine, H1N1 vaccine and the yellow fever vaccine. Amounts are small, but should skin test prior to giving it if egg allergic. Also, need to have single vial dose when testing.

*Does accu-pressure work? We don't really know because there has never been a "real" study done. Does it work or do Dr.'s take credit when nature cures the disease.

*Look at the whole allergy picture for the child before food challenging. A higher RAST number shows the likelihood of reaction, not the severity.

*Does reflux play a part in causing food allergies? Some cases of peanut allergy coming on at 12 years old also had a history of reflux. I'm a little sketchy on these details but maybe in reflux, the protein is spread differently through the body. (not sure if that is right)

If anyone has anything else to add, please let me know!!!

Thank you to all who helped set up and break down for the meeting.

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FOLLOW UP TO MEETING NOTES:

*MMR vaccine still has egg in it too.

* I noticed in the below email that I think you might have the Israel study backwards... here is a link to more info about it

<http://www.guardian.co.uk/lifeandstyle/wordofmouth/2008/nov/19/peanut-allergy-research-baby-diet>