

# Allergies Asthma

Our research is helping  
you and your loved ones



The Canadian  
Allergy, Asthma  
and Immunology Foundation

## ALLERGIES & ASTHMA AFFECT 30-35% OF ALL CANADIANS!

*Did you know that allergic diseases and asthma have increased significantly in the past twenty years?*



*Sufferers and their families experience a measurable decrease in their quality of life, reduced productivity and performance and a great many lost school and work days. The impact can be devastating and, in some cases, life threatening!*

While the allergic and asthmatic population is expanding, funding and resources for research and specialized care is shrinking! *This does not make sense. Something must be done!*

## SOMETHING IS BEING DONE!

The Canadian Allergy, Asthma and Immunology Foundation (CAAIF) is a registered charity, dedicated to:

- Funding research into the causes, prevention and treatment of allergic diseases
- Educating health care professionals, patients and the public about the advances in research and treatment in this important health care field.

*We are committed to excellence in research, education and training in all areas of allergy, asthma, immunology and allergic diseases in Canada.*

## HOW CAN YOU HELP? GET INVOLVED!

*By donating to CAAIF you are helping us ensure that all Canadians receive the best available treatment, provided by specially trained medical professionals.*

## DID YOU KNOW...

The primary allergic diseases are **asthma, food allergies, anaphylaxis, hay fever and eczema!**

**Asthma** affects 15-20% of Canadians and these numbers are increasing! Asthma is one of the fastest growing diseases and is the leading cause for hospital admissions in children. This disease is responsible for hundreds of deaths in Canada.

*The majority of moderate to severe asthma is associated with exposure to environmental allergens!*

**Food Allergies** affect 2-4% of our children and 5-10% of the population. Many of these allergies will resolve themselves in time. However, the peanut, tree nut, fish and seafood allergies tend to be persistent and life threatening. Presently, awareness, avoidance and rescue medications are the only treatments.

**Hay Fever** (allergic rhinitis) affects 20-25% of Canadians. It can lead to sinusitis (sinus infection) and recurrent ear infections. Although the public may tend to trivialize hay fever, it can impact tremendously on the patient's ability to maintain work or school activities.

**Eczema** (atopic dermatitis) affects 10% of Canadian children and these numbers are increasing. A great many of these children will grow to develop other allergic disorders, including asthma.

**Anaphylaxis** is a severe allergic reaction that can kill! It affects 1-2% of the population. Causes include allergic reactions to foods (peanuts), medications and insect stings.

## DID YOU KNOW RESEARCHERS NOW RECOGNIZE THE PHENOMENA CALLED THE "ALLERGIC MARCH"?

Although allergies can start at any age, a first allergic episode frequently appears before the age of five. For example, eczema (atopic dermatitis) almost always makes its first appearance in infancy or early childhood. Some of these allergies will persist into the teen and adult years.

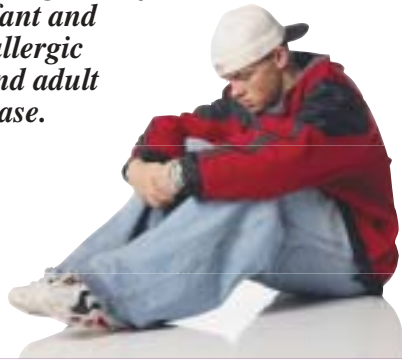
However, sometimes allergies change as children mature with one group of symptoms being replaced by another in a characteristic pattern called the "allergic march".



### An "Allergic March" Story

As an infant, Jeremy suffered from eczema all over his face. The eczema disappeared by the time he was about a year and a half, only to be replaced by hives and vomiting immediately after he ate eggs. These symptoms resolved but a couple of years later, he became asthmatic and in his teens developed hay fever.

*Current researchers are now understanding and recognizing the definite connection between infant and childhood allergic reactions and adult allergy disease.*



## NEW TRENDS IN ALLERGY & ASTHMA RESEARCH

Allergy awareness is a fairly recent phenomenon but with more accurate and early diagnosis, we will have a greater understanding of how these diseases work and interrelate.



As scientists and doctors begin to understand and explain the mystery of these diseases, the focus of research is changing and new trends in allergy research are appearing. These include:

1. Identifying children at risk for development of allergies.
2. Continuing research on the immune system to help understand how the cells of the immune system interact with the environment and "talk to each other" to produce allergic symptoms.
3. Early intervention at onset of disease.
4. Understanding how dietary and environmental changes in early life may stop the allergic march.
5. Research into the developing immune system, even during pregnancy, which will allow us to be able to develop strategies to prevent the onset of allergic diseases.
6. Development of newer treatments which are better at controlling allergic problems without producing side effects.

**WITH THESE NEW TRENDS IN ALLERGY RESEARCH, TREATMENTS WILL BE DEVELOPED TO HELP STOP THE ALLERGIC MARCH IN OUR CHILDREN!**



## YOU CAN HELP US, HELP YOU!

We need more research into the cause of allergies and asthma, which will result in effective public and professional education and information on the prevention and control of these debilitating diseases.

Researchers are working hard to develop new therapies (for food allergies, asthma, hay fever and all allergies) so that one day, we can prevent future generations from developing these conditions.

## THE CANADIAN ALLERGY, ASTHMA AND IMMUNOLOGY FOUNDATION

### Objectives

- To promote and support medical research in Allergy, Asthma and Immunology.
- To promote and support education of the public and professionals in the medical specialty of Allergy and Clinical Immunology.

## WITH YOUR SUPPORT WE CAN MAKE A DIFFERENCE!

Please fill in the form and enclose your cheque in the attached self-mailer

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For Further Information, please contact us at:  
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