

Summer 2017



# MOCHA



Mothers of Children Having Allergies

[www.MOCHAllergies.org](http://www.MOCHAllergies.org)



**FOOD ALLERGY FACTS:** Find more details on FARE's website: [foodallergy.org](http://foodallergy.org).

**What is a food allergy?** A true food allergy is an immunological reaction to a certain food. It is not the same as food intolerance, such as lactose intolerance, which does not involve the immune system. Food allergies occur in up to five percent of children and two percent of adults.

**What foods can cause allergic reactions?** Any food can cause an allergic reaction, but 90 percent of all food allergies are caused by the following foods: wheat, eggs, milk, peanuts, tree nuts, soy, fish, shell fish and seeds.

**What are the symptoms of an allergic reaction?** Symptoms can range from mild to life-threatening (anaphylaxis) and may include vomiting, diarrhea, cramps, hives, swelling, itching or swelling of the face, lips, tongue, or mouth, eczema, itching or tightness in the throat, difficulty breathing, and wheezing.

**What is anaphylaxis?** Anaphylaxis, or anaphylactic shock, is a severe allergic reaction that often includes swelling of the face, mouth, and throat and can lead to a serious drop in blood pressure or unconsciousness. Anaphylaxis can be fatal if not treated immediately with epinephrine. Anaphylaxis can be caused by a minute amount of food or food traces coming in contact with the allergic person.

**Can food allergies be cured or outgrown?** There is no cure for food allergies. Strict avoidance is the only way to prevent a reaction. While some children outgrow their allergies, peanut, tree nut, fish, and shell fish allergies are currently considered to be life-long.

**SATURDAY, OCTOBER 14, 2017:** [FARE Chicago Heroes Walk for Food Allergy](#). Lincoln Park. Food Allergy Heroes Walk exists to recognize the courage and determination of food allergy families, and to empower these every-day heroes to end food allergy fears for good. Through widespread fundraising and walks across the country, thousands of families come together to unite behind their commitment to FARE's mission and raise funds that will change their children's lives through research, education, advocacy and broad awareness.

Get all the details, and join Team MOCHA!



**Have you tried the new SPOKIN APP?** Spokin is a mobile app built to help people managing food allergies access the most useful and timely information available with just a few taps on their phone. Imagine an app that does that work for you to find food allergy friendly restaurants, summer camps, hotels, etc. Created by Susie Hultquist ([Susie@spokin.com](mailto:Susie@spokin.com)) and her team, Spokin is seeking people managing food allergies to sign up and share their personal recommendations of favorite doctors, restaurants, hotels, cruise lines, recipes and more.



## NEWS/RESEARCH UPDATES FROM CHICAGO:

**UNIVERSITY OF CHICAGO:** Professor Cathryn Nagler, Ph.D. has co-founded a new company, [ClostraBio](#), to develop novel microbiome-modulating therapeutics to prevent or treat food allergy. Working with bio-engineer Jeffrey Hubbell from U. Chicago's Institute for Molecular Engineering, Dr. Nagler will use her pre-clinical mouse models to test candidate allergy protective drug formulations. ClostraBio's business strategy will be refined by support from the expanded [Polsky Center for Innovation and Entrepreneurship](#) as the company prepares for clinical trials.

**LURIE CHILDREN'S HOSPITAL:** A few highlights from the past year: second year of participation in the FARE Clinical Network; conducted trials for the peanut patch, milk patch and peanut OIT; completed several OIT studies in conjunction with Stanford University, Mt Sinai Medical Center, and other institutions; several staff have become members of the newly formed Outcomes Research Advisory Board which will provide input into the future directions of food allergy research. For more information about food allergy research, please go to <https://www.luriechildrens.org/en-us/care-services/specialties-services/allergy-immunology/research/Pages/index.aspx>.

The FASE (Food Allergy Support and Education) program hosts monthly **Essentials of Food Allergy Workshops** as well as **Topic-based Workshops** on issues such as back to school, traveling, parental anxiety, holiday preparation, current food allergy research and more. They also host **Kids' Food Allergy Hangouts** for patients and friends of Lurie Children's that give children with food allergy opportunities to be with other children who share their experiences. The FASE Program is led by Sarah Boudreau-Romano, MD, allergist and food allergy mom. To sign up for the Workshops or the Hangouts, please register here: [www.luriechildrens.org/FASE-Program](http://www.luriechildrens.org/FASE-Program).

**NORTHWESTERN UNIVERSITY:** Dr. Ruchi Gupta and her team have developed peer-to-peer food allergy educational videos that can be shown in classrooms! There are three videos tailored to different grade levels (K-3<sup>rd</sup>, 4<sup>th</sup>-7<sup>th</sup>, and 8<sup>th</sup>-12<sup>th</sup>) with corresponding Frequently Asked Question sheets, teacher guides, and discussion questions for ready use in classrooms. The videos will allow peers to better understand and support their food allergic classmates. Videos and materials can be found at [www.foodallergyp2p.com](http://www.foodallergyp2p.com).

## Founders:

**Denise Bunning**  
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**Anne Thompson**  
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**MOCHA Coordinator:**  
**Carmen-Rae Carlson**  
[Carmen-Rae@MOCHAllergies.org](mailto:Carmen-Rae@MOCHAllergies.org)

## Medical Advisors:

Jacqueline Pongracic, MD  
Lurie Children's Hospital  
Sai R. Nimmagadda, MD  
Associated Allergists  
Christine Szychlinski, APN, CPNP  
Lurie Children's Hospital

## Meeting Dates:

MOCHA meets at various times throughout the school year. Please always check the website for meeting dates and location.

## Meeting Location:

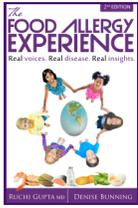
[FARE Chicago Office](#)  
[Lower Level Conference Room](#)  
[8707 Skokie Blvd.](#)  
[Skokie, IL 60077](#)

## Non-Allergic Food for Thought:

The world is not free of Milk, Egg, Peanut, Tree nut, Wheat, Soy, Fish, Shellfish. It is our job as parents to give our children the **Education, Encouragement, Experience and Enthusiasm** to get out there and live their lives to the fullest—safely.

## Disclaimer:

MOCHA is not a professional or medical organization. It is a group of parents sharing information and supporting each other. The discussions, meeting minutes, handouts, speakers, and other products of our support group do not constitute medical and/or legal advice and should not be relied upon as such. Always discuss individual health questions and medical issues with a qualified personal physician.



**THE FOOD ALLERGY EXPERIENCE, 2nd Edition:**

Written by **Dr. Ruchi Gupta** and **Denise Bunning**, the 2nd Edition of this book is available at [www.FoodAllergyExperience.com](http://www.FoodAllergyExperience.com). Based on Dr. Gupta's research and her surveys of parents, providers, caregivers and patients, *The Food Allergy Experience: Real voices. Real disease. Real insights.* provides a reliable source of information and advice in simple, easy-to-read terms. For those contending with food allergies, the book offers guidance and invaluable perspective. For friends, relatives, health care providers, teachers, and caregivers, the book will instill a better understanding of how food allergies impact life at home, at school, and in the community, helping them to more effectively assist children with food allergies.

**NEWS FROM FARE (Food Allergy Research & Education):**

- Brand new [FARE Education Network](#) resources available! For more information about "Food Allergies: Keeping Students Safe and Included" materials as well as how to become a part of the FARE Education Network, visit [www.foodallergy.org/education-network](http://www.foodallergy.org/education-network).
- **SafeFARE** is an online resource center and public awareness campaign about dining out with food allergies. The website ([www.safe fare.org](http://www.safe fare.org)) includes tips for before and during a visit to a restaurant, a customizable "Food Allergy Alert" chef card, and a "Find a Restaurant" feature that allows diners to find local restaurants with staff who have completed allergen training programs.
- [Food Allergy & Anaphylaxis Emergency Care Plan](#): FARE's written plan, approved by FARE's Medical Advisory Board, outlines recommended treatment in case of an allergic reaction with easy-to-follow graphics.
- FARE teamed up with The Discovery Channel to produce a documentary about food allergies called "[An Emerging Epidemic: Food Allergies in America](#)." The hour-long documentary, narrated by **Steve Carell**, explores what it is like to live with life-threatening food allergies, how families and individuals managing food allergies are working to raise awareness in their communities, and the vital research underway to find effective treatments and a cure.
- [Food Allergy Bullying: It's Not a Joke](#): FARE's "It's Not a Joke" PSA can help you learn more about how you can prevent food allergy bullying.
- FARE works with colleges and universities to develop uniform policies to effectively manage food allergy through the [FARE College Food Allergy Program](#). This program addresses all aspects of college life with food allergies including dining services, resident life and social well-being, health services, disability accommodations and emergency services.

**MOCHA RECOMMENDS:**

- 2016 annual [AllergyEats](#) Top 10 List of Most Allergy-Friendly Restaurant Chains in America (<https://www.allergy eats.com/top10chains2016/>).
- Check out this terrific new cookbook from our friend, Jody Falco, "College Cooking: Allergy-Free." Available on [Amazon](#) and [Lulu](#)—paperback and ebook formats!
- Watch this [video by Susan Tatelli](#), recording her self-administration of epinephrine during an actual anaphylactic reaction. 12-year-old Susan made the video for a Girl Scout project, and has since been asked to train a number of school district employees and MOCHA members! Also, follow the blog [Eating Peanut](#) by Susan's mother, Caryn Tatelli.
- Follow this [blog by 13-year-old Jack Yonover](#) from Wilmette who produced a documentary, "That Bites!" about living with food allergies. Jack has received numerous awards and has been published in Allergic Living Magazine. Watch the [trailer to his video here](#). And a feature on [Jack on WTTV Chicago Tonight](#).
- **DEERFIELD SCHOOL DISTRICT 109 FOOD ALLERGY MANAGEMENT PLAN**: Check out [this link](#) for the most current Illinois school district food allergy management plan.

**NEW TO MOCHA?** MOCHA (Mothers of Children Having Allergies) is a group of parents sharing information and supporting each other. Through our meetings, speakers, and informal get-togethers, MOCHA offers support, education, and – best of all – friendship, to help make managing your child's food allergies just a little bit easier. Check out [our website](#) for the most current news and resources. Presentations from previous meetings are available on the [www.MOCHAllergies.org](http://www.MOCHAllergies.org) website under the "Meetings" tab. Send your email address to [MembershipInfo@mochallergies.org](mailto:MembershipInfo@mochallergies.org) to be added to our MOCHA blast email list. If you are not getting our emails, your email address is changing, or you wish to be deleted from the email list, please send an email to [MembershipInfo@MOCHAllergies.org](mailto:MembershipInfo@MOCHAllergies.org).

**GETTING MORE INFO:** We suggest making sure to spend some time visiting these websites, especially if you're new to MOCHA! Remember, always consult with your own doctor about information you receive on the internet. If it sounds too good to be true, unfortunately it probably is not true.

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| <a href="http://www.FoodAllergy.org">www.FoodAllergy.org</a>                        | <a href="http://www.CureCeliacDisease.org">www.CureCeliacDisease.org</a>     | <a href="http://www.AllergicLiving.com">www.AllergicLiving.com</a>                       |
| <a href="http://www.LurieChildrens.org">www.LurieChildrens.org</a>                  | <a href="http://www.MedicAlert.org">www.MedicAlert.org</a>                   | <a href="http://www.GlutenFreeAndMore.com">www.GlutenFreeAndMore.com</a>                 |
| <a href="http://www.UChicagoKidshospital.org">www.UChicagoKidshospital.org</a>      | <a href="http://www.NorthShore.org">www.NorthShore.org</a>                   | <a href="http://www.AllergySafeTravel.com">www.AllergySafeTravel.com</a>                 |
| <a href="http://www.Feinberg.Northwestern.edu">www.Feinberg.Northwestern.edu</a>    | <a href="http://www.Allergists-Asthma.com">www.Allergists-Asthma.com</a>     | <a href="http://www.NourishIS.com">www.NourishIS.com</a>                                 |
| <a href="http://FoodAllergies.Stanford.edu/">http://FoodAllergies.Stanford.edu/</a> | <a href="http://www.chicagofamilyasthma.com">www.chicagofamilyasthma.com</a> | <a href="http://www.TheAllergistMom.com">www.TheAllergistMom.com</a>                     |
| <a href="http://www.med.UMich.edu/FoodAllergy">www.med.UMich.edu/FoodAllergy</a>    | <b>EoE Resources:</b>  | <a href="http://www.AllergicChild.com">www.AllergicChild.com</a>                         |
| <a href="http://www.SafeFARE.org">www.SafeFARE.org</a>                              | <a href="http://www.APFED.org">www.APFED.org</a>                             | <a href="http://www.AllergyMoms.com">www.AllergyMoms.com</a>                             |
| <a href="http://www.AAFA.org">www.AAFA.org</a>                                      | <a href="http://www.CuredFoundation.org">www.CuredFoundation.org</a>         | <a href="http://eatingpeanut.blogspot.com/">http://eatingpeanut.blogspot.com/</a>        |
| <a href="http://www.AllergyHome.org">www.AllergyHome.org</a>                        | <a href="http://www.EoEHome.org">www.EoEHome.org</a>                         | <a href="http://www.foodallergyworks.blogspot.com">www.foodallergyworks.blogspot.com</a> |



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