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Agenda:
Welcome
Asthma Update – Vivian Hernandez-Trujillo, MD
COVID-19: Treatments & Long Haul – Purvi Parikh, MD
Community Service During the Pandemic – Pastor Dot Delarosa
Q&A – Panel
Closing Remarks

This session will include:

- Asthma in the Hispanic and Latino community.
- COVID-19 update, COVID-19 Long Haul and current COVID treatments.
- Community engagement during COVID-19 pandemic.
- Sharing PCOR/CER study opportunities

Objectives:

1. Discuss current treatments for Asthma that can help manage asthma
2. Review the prevalence of COVID-19 in Latino/Hispanic communities.
3. Identify COVID-19 treatments.
4. Define COVID Long Haul.

Tonya Winders
Moderator
Allergy & Asthma Network
CEO & President

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Guest Speakers



Vivian Hernandez-Trujillo, MD, FAAP, FAAAAI, FAAAAI
Division Director,
Allergy and Immunology
Fellowship Training Program Director,
Allergy and Immunology, Nicklaus
Children's Hospital, Miami, FL



Purvi Parikh, MD
Clinical Assistant Professor of
Medicine NYU Langone
School of Medicine &
Director, Allergy and Asthma
Association, Murray Hill, NY



Pastor Dot Delarosa
PAG Patient Advisor &
Leader of Pulmonary Fibrosis
Support Group
San Antonio, TX



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Pulling the information together: Asthma in Hispanics

Vivian Hernandez-Trujillo, MD, FAAP, FAAAAI, FAAAAI
Division Director, Allergy and Immunology
Fellowship Training Program Director, Allergy and Immunology
Nicklaus Children's Hospital
Miami, FL



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Conflicts of Interest

 **Speakers' Bureau** -Takeda

 **Consultant** -Kaleo

 **Spokesperson** - Kaleo

 **Advisory Board Member** -DBV, Covis, US World Meds, Kaleo, Takeda, CSL, Regeneron/Sanofi

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Topics

What is asthma?

Asthma triggers

Importance of maintaining asthma control

Dispelling myths

Resources

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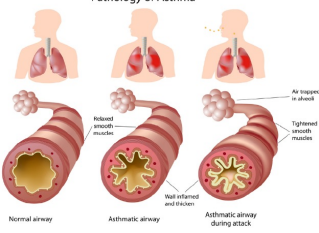
Asthma

Asthma is a chronic disease that causes inflammation and bronchoconstriction in the airways.

This results in coughing, shortness of breath and wheezing.

Patients can live a normal life if adequate asthma control is maintained.

Pathology of Asthma



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Asthma triggers

Respiratory infections

Environmental allergens- dust mites, cockroaches, mold, pet dander

Smoke or sudden temperature changes

Strong emotions - laughter, crying

Intense exercise




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Genetics of Asthma

Is asthma hereditary and how many generations can this be passed down?

- Asthma can be hereditary
- It is likely to be passed on from one generation to the next generation.
- There are no studies specifically looking at how many generations can be affected.



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Polling Question #1

Can asthma be cured?

A. Yes

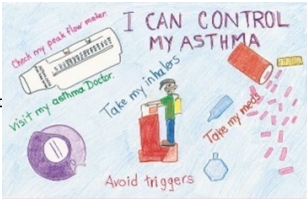
B. No

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Can asthma be cured?

- Asthma is a chronic condition.
- While it cannot be cured, it can be well controlled with proper treatment and often improves with time.

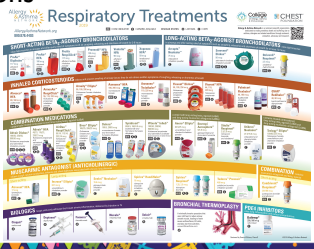


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Asthma Treatment Options


- Beta agonists- short and long acting – “rescue or quick relief”
- Inhaled corticosteroids – “maintenance or controller”
- Biologics - depends on the type of asthma you have



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Proper use of inhaler (English)




• https://www.youtube.com/watch?v=Lx_e5nXh5w&feature=youtu.be

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**Unidos hablemos de...
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Proper use of inhaler (Spanish)




<https://www.youtube.com/watch?v=TFexVuisIVk&feature=youtu.be>

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Proper use of
inhaler with
spacer
(English)




<https://www.youtube.com/watch?v=BbONuRXldrU&feature=youtu.be>

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Unidos hablemos d...
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Proper use of
Inhaler with
Spacer
(Spanish)




<https://www.youtube.com/watch?v=Ndf5tn28hWM&feature=youtu.be>

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Alternative Asthma Treatments – Recent Patient Centered Outcomes Studies

- Comparing Two Ways To Manage Asthma In African American Children -The ASIST Study - by K. Sumino, MD
- Comparing Asthma Treatments: A Study Focusing on African-American, Hispanic, and Latino Adults -The PREPARE Study for PeRson EmPowered Asthma Relief - by E. Israel, MD



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ASIST Study: Patients with mild persistent asthma

- After one year, African-American children and teens ages 6-17 with mild persistent asthma receiving daily fixed-dose or as-needed Inhaled Corticosteroids (ICS) did not differ significantly in asthma control, asthma exacerbations, lung function, or quality of life.
- Children and teens in both groups had better asthma control at the end of the study than at baseline.
- Children and teens receiving as needed ICS used about one-fourth of the ICS per month as children and teens receiving daily fixed-dose ICS.


Kahara Sumino, MD
<https://www.pcori.org/sites/default/files/Sumino282-Final-Research-Report.pdf>

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Importance of adequate asthma control

- Studies show in Latino school-age children - use of rescue medications is greater than in other groups
- Latino children have a 40% higher risk of dying from asthma compared to non-Hispanic whites
- Mortality from asthma is higher among Latinos, especially from country of origin of Puerto Rico



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The PREPARE Study

Elliot Israel, MD
Physician, Brigham and Women's Hospital
Professor of Medicine, Harvard Medical School

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Polling Question #2

Are you happy with your medical treatment for asthma?

A. Yes
B. No

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What barriers exist?

How do patients with asthma overcome barriers with healthcare providers recognizing their cultural beliefs and incorporate them into their self-management program/plan?

Find the healthcare team right for you!

When possible, find a healthcare team that can communicate with you to best understand cultural beliefs and use shared decision making to get to a plan of care you feel comfortable with.

Patient
Language
Body image
Lifestyle
Access to healthcare
Socioeconomic status
Family orientation (familismo)
Disease as destiny (fatalismo)
Relationship with healthcare provider (personalismo)
Faith and religion

Healthcare provider
Cultural competence
Culturally appropriate patient education materials

Healthcare system
Affordability
Cultural orientation

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Barriers Due to Costs

- Medication costs: How can patients obtain medications at a reduced cost?
- With insurance the co-pay can be high and without insurance the cost is high.
- New launch of initiative to help patients obtain medications at lower costs <http://costplusdrugs.com>
- GOODRx, NEEDYMEDS, RxAssist

Save on Your Healthcare Expenses with these Cost-Savings Programs

- 1. PRESCRIPTION ASSISTANCE PROGRAM
- 2. COUPON, VOUCHER & MORE
- 3. MEDICAL TRANSPORT PROGRAM
- 4. TRAVEL ASSISTANCE PROGRAM

Medication	Cost
Lipitor Atorvastatin	\$6.00
Humalog	\$9.00
VOCS Pharmacy	\$18.41
VOCS Pharmacy	\$18.42

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[illegible]

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Summary

- Asthma affects many Latino patients
- We can work together to improve asthma care
- Asthma resources are available in Spanish to improve the diagnosis and treatment of Latino patients with asthma



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**COVID-19:
Treatments
& the Long Haul**

Purvi Parikh, MD
Clinical Assistant Professor of
Medicine NYU Langone School of
Medicine & Director, Allergy and
Asthma Association, Murray Hill

Allergy
& Asthma
Asthma & Allergy Associates

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COVID-19 Update

- We are going on 2 years living with this pandemic
- Nothing replaces prevention!
 - Wash your hands
 - Wear a mask
 - Watch your distance

PROTÉJASE DEL COVID-19

QUE PUEDE HACER:

Si una persona se pone enferma de COVID-19, puede transmitirlo a otros.

Si se llega de un viaje de regreso de un país con COVID-19, se debe usar una máscara y mantener la distancia.

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Polling Questions #3

Have you ever tested positive for COVID-19?

A. Yes

B. No

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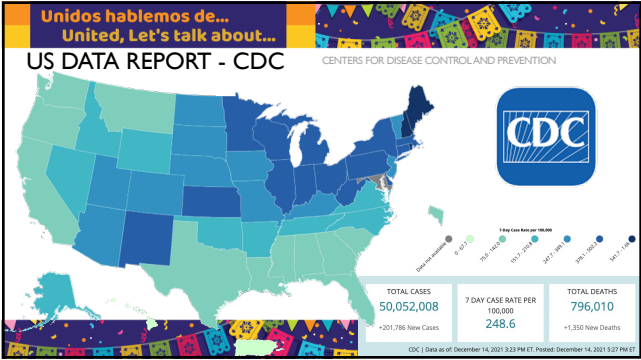
Polling Question #4

Has anyone in your family died from COVID-19?

A. Yes

B. No

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COVID-19 Treatment Issues

Treatments used for COVID-19 should be prescribed by your healthcare provider.

People have been seriously harmed and even died after taking products not approved for COVID-19, even products approved or prescribed for other uses.

Your healthcare provider will decide on what approach to take for your treatment.

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COVID-19 Treatment Issues

Your healthcare provider also may recommend the following to relieve symptoms and support your body's natural defenses.

Taking medications, like acetaminophen or ibuprofen, to reduce fever

Drinking water or receiving intravenous fluids to stay hydrated

Getting plenty of rest to help the body fight the virus

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COVID-19 Therapies: MONOCLONAL ANTIBODIES

What are monoclonal antibodies?

- Antibodies are naturally produced by your body to fight off infections.
- When your body is introduced to a new virus such as COVID-19, it does not have the antibodies to fight it off.
- That is where monoclonal antibodies come in.
- Monoclonal antibodies are created in a laboratory.
- They can target a particular virus or infection such as COVID-19.

How does monoclonal antibody infusion therapy work?

- Monoclonal antibodies are given by IV to people diagnosed with COVID-19.
- This therapy uses COVID-19 antibodies to help a person's body fight off the infection.
- Research suggests these antibodies lower the amount of virus — the "viral load" — in a person's body.
- People with lower viral loads have more mild symptoms. Reducing the viral load may help prevent hospitalization and death.

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COVID-19 Therapies: MONOCLONAL ANTIBODIES

Who should get antibody infusion therapy?

- People with COVID-19 with symptoms less than 10 days and who are at risk for severe illness
- People exposed to COVID-19 who are at risk for severe illness

There is concern that some MABs are not effective against the Omicron variant

- FDA has revised authorizations for 2 MAB treatments - limits their use to only when the patient is likely to have been infected or exposed to a variant that the treatment works with

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COVID-19 Pill

US regulators have authorized new pill against COVID-19 (molnupiravir)

- New tool in treating COVID-19
- Antiviral pill – reduce symptoms and speed recovery
- Company predicts it will cut hospitalizations and deaths in half

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COVID-19 Antiviral Pills

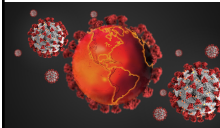
Pfizer - Paxlovid	Merck - Molnupiravir
89% effective at reducing hospitalization & death	30% effective at reducing hospitalization & death
Must be over the age of 12	8 pills a day for 5 days
Taken within 5 days of symptom onset – 6 pills a day – may interact with other medications	Must be over 18 & not hospitalized – taken within 5 days of symptoms
Interferes with replication but has another anti-viral – stays in system longer	Interferes with the virus' ability to replicate

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COVID Long Haul

New or ongoing symptoms



- ✓ Difficulty breathing or shortness of breath
- ✓ Tiredness or fatigue
- ✓ Symptoms that get worse after physical or mental activities
- ✓ Difficulty thinking or concentrating ("brain fog")
- ✓ Cough
- ✓ Chest or stomach pain
- ✓ Headache
- ✓ Fast-beating or pounding heart
- ✓ Joint or muscle pain
- ✓ Pins-and-needles feeling
- ✓ Diarrhea
- ✓ Sleep problems
- ✓ Fever
- ✓ Dizziness on standing
- ✓ Rash
- ✓ Mood changes
- ✓ Change in smell or taste
- ✓ Changes in menstrual period cycles

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Polling Question #5

Do you or anyone you know have Long Haul COVID-19?

A. Yes


B. No

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Other Effects Related to COVID-19


Mental Health Effects


Negative Economic Situations


Lack of access to healthcare

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Polling Question #6

Where do you go for information about COVID-19?

1. Facebook or other social media
2. Government Agency (ex. CDC)
3. Local/Regional/National News
4. Friends and/or Family
5. My Health Care Provider
6. Church
7. Dr. Google
8. Other


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Trust reliable sources for COVID-19 information

Many internet sites are opinion or misinformation – you can trust:


- Allergy & Asthma Network
- CDC – Centers for Disease Control & Prevention
- Johns Hopkins COVID-19 Center



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Community Service
During the
Pandemic

Pastor Dot Delarosa
COVID -19 Patient
Patient Advisor
SA Pulmonary Fibrosis
Support Group Leader



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Received CHEST
Foundation Grant to help
serve community - 2020



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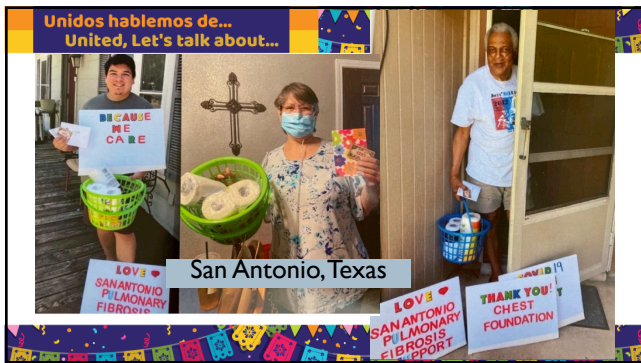


We are packed up and
ready to go!

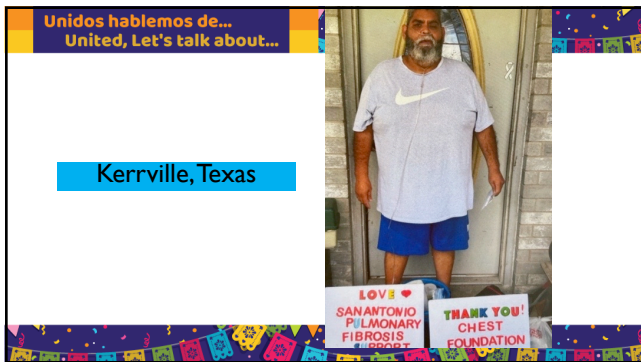
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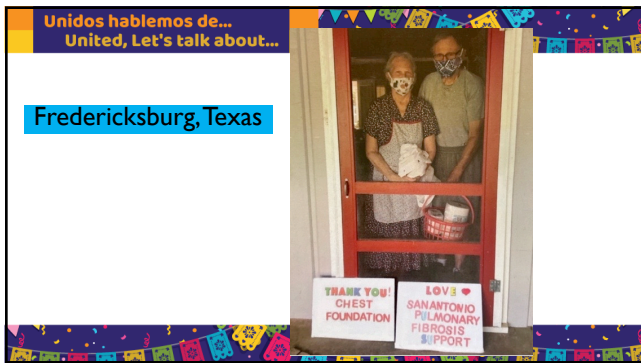
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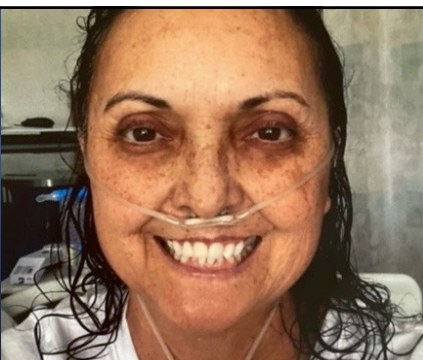
My Mama loved to help others. She passed away in 2020 from COVID-19



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THANK YOU!

Me in the hospital, July 8, 2020, with COVID-19



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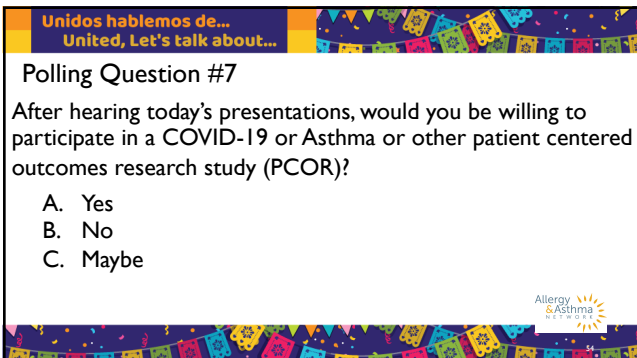
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Polling Question #7


After hearing today's presentations, would you be willing to participate in a COVID-19 or Asthma or other patient centered outcomes research study (PCOR)?

- A. Yes
- B. No
- C. Maybe


Allergy & Asthma
RESEARCH




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Vivian Hernandez-Trujillo, MD



Purvi Parikh, MD



Pastor Dot Delarosa

Q & A

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THANK YOU!

- For joining us on this journey – keep an eye out for New United, Let's talk about...Social Media page
- Not One More Life Trusted Messengers Asthma Coaches Program - virtual visits – free asthma program
- AAN - Research Newsletter
- Learn more about becoming a PCOR patient partner www.pcori.org
- Keep current about COVID-19 prevention and treatments, including COVID long haul
- Visit our website: www.allergyasthmanetwork.org

**Reduce Your COVID-19 Risk
Remember the 3 Ws!**

- 1 Wash your hands frequently**
Use soap and water for 20 seconds
- 2 Watch your distance**
Keep 6 feet apart and avoid large crowds
- 3 Wear a mask**
Prevent spread of COVID-19 and protect others

Allergy Asthma Network

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