Agenda:
• Welcome
• Toondemic: The Art of Combating Vaccine Information – Gilberto Lorenzo
• Asthma Myths and Home Remedies – Margie Lorenzi
• Q&A

This session will include:
• The COVIDLatino Project focused on providing critical and timely information to ease the burden of COVID-19 on the Latino communities through art.
• Cultural beliefs about asthma associated with the influence and treatment behaviors among the Latino community.
• Parents’ knowledge of treatments for asthma influenced by traditional cultural beliefs and practices that influence or impact clinical treatments.
• Strategies to approach medical visits with greater knowledge and appreciation of cultural practices to complement clinical treatment.

Objectives:
• Discuss how the COVIDLatino project impacts the Hispanic/Latino community.
• Describe traditional/cultural Hispanic beliefs about asthma.
• Examine strategies of how to approach medical visits.

Meet our Guest Speakers

- Tonya Winders
  AAN CEO and President

- Gilberto Lopez
  Assistant Professor
  School of Transborder Studies
  Arizona State University, Tempe, AZ

- Margie Lorenzi, MS
  Boston Children’s Hospital
  Boston, MA

- Pastor Dayy Delarosa
  Patient Advisor

English and Spanish interpretation is available.
Interpretación disponible en inglés y español.
TOONDemic: The Art of Combating Vaccine Misinformation

Gilberto Lopez
Assistant Professor

Morbidity

- Latinx §
- 3x risk of infection
- Increase ED visits
- Latinx (40-59yo) = 5x infection rate

Mortality

- Black/AA = 106
- Hispanic/Latino = 70
- White = 47
- 25% of Latinx deaths = <60yo (vs 6% Whites)

700,000+ deaths due to COVID-19

Covid in Context

U.S. deaths from wars and major pandemics

- Covid 19 = 678,000
- WWI = 117,000
- WWII = 90,000
- Korean War = 37,000
- Vietnam = 58,000
- Persian Gulf War = 5,000
- Iraq War = 4,000
- AIDs = 6,000

Covid was the 3rd leading cause of death in the U.S. in 2020
SOCIAL DETERMINANTS OF HEALTH
(Where we sleep, work, & play matters for our health)

- Healthcare access and utilization
  - Immigration status (public charge)
  - Insurance
  - Knowledge of services/programs
- Occupation
  - Latinx more likely to work in essential jobs compared to Whites (43% vs. 25%)
  - Limited protections or work from home
- Housing
  - Neighborhoods with higher rates of poverty
  - Crowded or multigenerational homes (2x likely vs. Whites)

Latinx not receiving same quality or quantity of COVID-19 information
- More likely to consume and share misinformation online

Preliminary Findings

Q6: If a vaccine for COVID-19 were available, what is the likelihood that you would get vaccinated?
Q14: Have you tried getting tested for the virus?

Testing attempt and success, by language:

- **Spanish**: 30
  - Yes: 16
  - No: 14

- **Bilingual**: 89
  - Yes: 43
  - No: 46

- **English**: 50
  - Yes: 54
  - No: 46
Asthma is a common disorder of the airway (bronchial tubes) in the lungs. Chronic inflammation of the bronchial tubes makes them swell and narrow causing symptoms including, shortness of breath, chest tightness, cough and wheezing.
Meeting Patients Where They Are

What this meant and looked like for me:

My experiences are from providing personalized asthma education for patients in their home. Most of the families I worked with are predominantly Latino/a and African American from underserved communities in Boston.

Cultural Beliefs about Asthma Associated with the Influence and Treatment Behaviors among the Latino Community

Families’ knowledge and management of asthma are influenced by traditional cultural beliefs and practices that influence clinical treatments. Cultural beliefs play a key role in asthma compliance or willingness to adhere to medical recommendations. This can also affect:

- how we seek medical care and from whom we seek it
- how we will manage self-care
- how we make health choices, including the choice to select doctors who look like us
- how we might respond to a specific asthma treatment

Personal Experiences at Home and at Work

It is important to adhere to an Asthma Action Plan and the medications and medical advice prescribed the doctor.

While working as an Asthma Educator, I encountered many families who used home remedies as medical treatments for controlling their asthma.

Myths and Facts about Asthma

- Asthma is a chronic disease. The symptoms of asthma may come and go, but the condition is permanent. Even when asthma is under good control, the tendency for the airways to narrow when exposed to triggers is always present.
- Taking the controller medicines every day, even when feeling well, will keep asthma at bay lessening the chance of an acute episode requiring an emergency room visit or hospitalization.
Common Barriers to Medication Adherence

- Economic barriers (Costs)
- Educational barriers (perceived condition)
- Cultural/language barriers
- Mistrust of the medical system

Myth and Facts about Asthma

**MYTH:** You will "grow out of it."

**FACT:** You cannot outgrow asthma. In about 50% of children with asthma, the condition may become inactive in the teenage years. The symptoms, however, may re-occur at anytime during adulthood.

**MYTH:** Asthma can be cured, so it is not serious, and nobody dies from it.

**FACT:** There is no known cure for asthma, but it can be treated and controlled. The condition should be taken seriously, since uncontrolled asthma can result in emergency hospitalization and possible death.

**MYTH:** Medications used to treat asthma are habit forming.

**FACT:** Asthma medications are not addictive.
Polling Question #1

Is asthma contagious?
A. Yes
B. No, but you are more likely to have asthma if your parents have asthma.

Myths and Facts about Asthma

MYTH: You can “catch” asthma from someone else who has it.
FACT: Asthma is not contagious. You cannot “catch” it from someone else. However, asthma tends to run in families (genetics). There is a 30% chance of someone developing asthma if one parent has it, and a 70% chance if both parents have it.

Polling Question #2

What is the best way to control asthma?
A. Asthma is best controlled by using an albuterol inhaler every day.
B. Asthma is best controlled when one has a written Asthma Action Plan (AAP) written by your healthcare provider.
C. Asthma is best controlled through the use of home remedies.
Pastor Dot Delarosa
Culture and COVID-19

• Join us for the next session on Feb 3, 2022 as we continue our conversation!
• Learn more about how to get involved as an AAN Research Patient Partner, Advisor, Advocate
• Participate in AAN’s NQMLTM Telehealth Asthma Coaching Sessions – FREE
• Access AAN’s Spanish Asthma and Allergy Education materials
• www.allergyasthmanetwork.org

Thank You!