

September NEWSLETTER

www.questhpvstudy.ca

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questhpvstudy@cfri.ca

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Currently enrolled:

4642 GIRLS

Our target:

8666 GIRLS

Join our Facebook page!

Just **add QUEST Hpv Study** on Facebook!

Stay Connected

If your address or contact details have changed, please let us know!

questhpvstudy@cfri.ca

Refer a friend!

Do you have a friend that would be interested in joining the QUEST study?

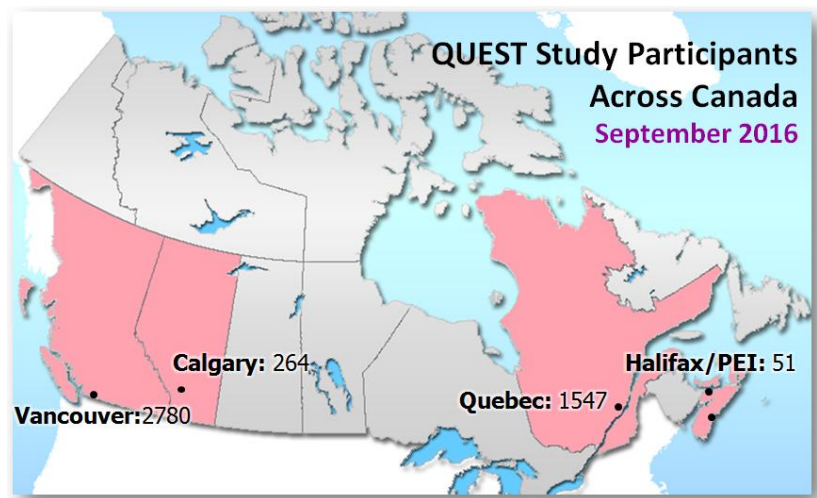
Refer them to our [website](#) and you could have a chance to win a gift card!

[Click here to learn more.](#)

Breaking News!

BC Must Provide Equal Access to HPV Vaccine to Prevent Cancer

Sept 12 2016



All locations are currently recruiting.

Refer-A-Friend Contest Winner:

Our Refer-A-Friend Contest Winner told her friends about the QUEST study and one of them joined! To thank her for helping us spread the word, she will be getting a \$10 Starbucks gift certificate!

Anaphylactic Reactions

By Claire Pitcher, Registered Nurse

With many readers returning to school, and some moving away to university, you may have noticed “allergy aware” posters in your classrooms and campuses. For people with life threatening allergies, these signs can lead to a sense of relief. For others, these signs can lead to one simple question – “Huh?” This month, we’re going to answer some common questions about allergies and anaphylactic reactions!

“The Canadian Cancer Society is calling on Premier Christy Clark and BC Health Minister Terry Lake to expand the province’s human papillomavirus (HPV) vaccination program to include all genders in order to prevent cancer”

Read More: [Article](#)

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What is an allergic reaction?

An allergic reaction describes when the immune system (part of the body usually meant to fight germs) tries to ‘fight’ otherwise harmless proteins in a specific substance (called allergens). Common allergens include things like animal fur, dust and certain foods. For people with allergies, coming in contact with an allergen kicks their immune system into high gear. This can cause things like coughing, sneezing, vomiting and other symptoms.

What is an intolerance?

Sometimes, a specific thing can make a person feel unwell but their reaction doesn’t involve an immune response. For example, if a person is lactose intolerant, that means they can’t digest lactose (the sugar in milk.) If a person who is lactose intolerant drinks milk, they can develop gastrointestinal symptoms (‘stomach upset’) but their immune system doesn’t get involved.

What is anaphylaxis?

When an allergy is so severe that it causes a life-threatening reaction, it’s called an ‘anaphylactic allergy’. Certain allergens commonly linked to anaphylactic reactions include peanuts and shellfish. An anaphylactic reaction can look quite different from one person (or even one reaction) to the next but should it always be treated as a medical emergency. Common symptoms of an anaphylactic reaction include things like itchy tongue/throat, difficulty breathing, hives, nausea/diarrhea and an impending sense of ‘doom’.

How is an anaphylactic reaction treated?

If a person knows they have an anaphylactic allergy, they will often carry a medicine called epinephrine or adrenaline. During a reaction, this medicine usually gets injected into the thigh muscle. Its effects are meant to temporarily counteract the life-threatening effects of the anaphylactic allergic reaction. After using epinephrine, a person should always seek immediate medical attention even if they are feeling better.

What does ‘allergy aware’ mean?

While the exact definition varies, ‘allergy aware’ signs are generally meant to encourage people to limit others’ exposure to common life-threatening allergens (eg. peanuts.) For example, if a person in your class has an anaphylactic allergy to peanuts, they may ask people not to bring peanut butter sandwiches for lunch. If you see one of these signs, you may want to look into whether a specific person has a serious allergy. And, if they do, you could chat with them about things like: what they’re allergic to, what people around them can do to help if they’re exposed to the allergen, where they keep their epinephrine, etc. This will help everyone be more prepared if that person is ever in need of assistance.

If you have general questions about allergies, intolerances and/or anaphylactic reactions, it can be very helpful to speak with an adult you trust such as a parent or teacher. If you have medical/science questions about these topics it can also be helpful to speak with a health care

provider such as a doctor or nurse. If you think you may have an anaphylactic allergy, it's very important to speak with a health care provider about it as soon as possible. For more information on allergies, please visit this website:

<http://www.hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php>

Contest of the Month

**Do you have any allergies or intolerances?!
Email us your answer for your chance to win a
\$10 gift card!**

Email us (questhpvstudy@cfri.ca) with your answers by October 12th. All entries will be entered into a draw to **win a \$10 gift card!**

August Newsletter Contest Winner:

Emily won a \$10 Starbucks gift card for being the winner of last month's contest! Congratulations!

* A random number generator will be used to randomly select the winner. Winners contacted by email.



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